



# Xposure Tri-alliance Newsletter

## Footy Trip Report (Social Club Event)

Hi Guys,

Well on the 20th of May 2006, 4 happy little Tri-alliance campers set off on the adventure of a lifetime. That's correct, a trip to the MCG. These four little adventurers (being Lynn timer, Tamo, Evo and Swervin) were off on the inaugural Tri-alliance Social Club trip.

Departing Geelong in what can only be described as V-Lines finest first class travel, we were surrounded with all the trimmings one would expect from such luxurious travel as V-Line first class. It included a young couple lying on the floor, engaging in what can only be described as a scene from a late night SBS movie, the sweet smell of BO oozing from the arm pits of three young men in their early teens, who are clearly yet to learn the virtues of a can of rexona and of course the first rate customer service one could only expect from the most experienced of V-Line's conductors.

Ok, so the train trip wasn't what we expected, but surely the best was yet to come!

On arrival at Richmond station, the four of us made swift progress towards the Mecca of world sport, the MCG. Arriving at the ground, we were all excited. Lynn timer was flying the cats flag by wearing her GFC jumper, Tamo was being her usual super cool self and just soaking up the atmosphere, I was trying to avoid any type of physical contact with Collingwood supporters and Jarrod was drooling over at the four & twenty pie van. With tickets in hand we all excitedly entered the ground. "Follow me" was the cry from our fearless team leader and super coach Evo, we all snapped to attention at the sound of his voice, gathered our gear up and set off on the monstrous trek through the bowels of this great stadium to find the perfect seats. He lead us through this colossal stadium like a man on a mission, taking us past every fast food & alcohol vendor in the place until finally we came to rest on the top deck of the new Olympic stand, situated at the Punt Road end of the arena. This spot was perfect, we all had a great view of the ground and Jarrod only had a short walk to the donut van out the back of the stand.

The stadium was lit up in all it's splendour, the atmosphere electric, the scene was set for an epic battle. Everyone was happy! And with the game about to commence, we were in heaven.

But alas, heaven did not hang around for too long. I was never one who subscribed to the saying that Rugby was the game played in heaven, I was always of the opinion that if a game was to be played in heaven, then surely it was our grand game of AFL. But after watching this Geelong Football Club debacle, how could one disagree with the Rugby version of that famous saying.

Quite simply, we were getting crapped on and by games end, we little geelong-ites were in hell. With Lynn timer wiping tears of shame from her eyes, Tamo hurling abuse at the men white, me just shaking my head and Jarrod on the last leg of his pie eating contest, it was decided that it was time to head for home.

So it was homeward bound for the tri-alliance quartet. And what a trip home it was! But that my friends, is a story for another time.....

Until next time,

Swerv.



# SOCIAL EVENT

## SATURDAY 15th JULY

### Disco Bowling

Grab your favourite pair of flares, a funky shirt and hire your platform shoes at the Belmont Bowling Lanes. Yes that's right we are having a team "Disco Bowl Off". Teams will be selected and we will see which team of social misfits prevails in the best of a 2 game series.

**Event: Disco Bowling (Saturday 15th July at 7.30pm)**

**Where: Belmont Ten Pin Bowling Lanes**

**Cost: Game entry approx. \$20 (2 games each)**

**RSVP: Please email [justin@spinachdesign.com.au](mailto:justin@spinachdesign.com.au) by Wednesday 5th July**

If you have any questions please give me a call on **0437 981 510** or email me at [justin@spinachdesign.com.au](mailto:justin@spinachdesign.com.au)

# UPCOMING SOCIAL EVENTS

• Trivia night • Sorrento trip • Caulfield races

For any suggestions please contact Tameka at email: [tam@tri-alliance.com.au](mailto:tam@tri-alliance.com.au)

## Athlete Profile

### /// Name:

Fiona Harrington (nee Kelson)

### /// Nickname:

Kelson / Kelso

### /// Age:

25 years

### /// Marital Status:

Married with the ball and chain (only kidding it doesn't get any sexier than Damian Harrington)

### /// Greatest Achievement:

Completing a whole Gatorade Triathlon (despite the fact that I think the officials were packing the event up and people were on their way to work on the Monday, I may have come last)

### /// Influences - Inspiration:

To prove to my long term (far too honest for his own good) friend Mr Evans that underneath this "hammer thrower" physique their really is a triathlete. (Maybe Try/Tri is the operative word here!)

### /// Ultimate Triathlon Goal:

To not come last in a Gatorade Tri

### /// Favourite Food:

Unfortunately EVERYTHING that stops still long enough

### /// Favourite Team Mate:

How can you pick out a favourite when there are so many wankers that I luv. Special mention to Merv who was their to hand me my first drink after the race (just remember Merv it is H2O that I need), of course Belinda and Jacinta who despite what level you are at they will encourage you with all the good times and bad.

### /// Favourite part of Triathlon - why:

On a soppy note, I have to say that I never thought I would be able to stick at this, I have never been so proud of myself for accomplishing what I have so far. Now there is only 1 way that you can do this and that is with all of YOU. Our team spirit is something that is awesome and envied.

I do have another thing though: the worst part of the sport is the cycling: Reason why - MY ASS WAS NOT DESIGNED TO SIT ON SOMETHING SO FUCKING SMALL!!!!!!

## True Colours

/// Cindy Lauper sang about it, Split Enz named an album it and during the Lorne camp one of our very own sweet and innocent young Geelong squad ladies displayed it. That's right, I'm talking about TRUE COLORS. No names will be mentioned here, but it was great to see this newish member of our squad come right out of her shell and display her TRUE COLORS. Perhaps she is not sweet and innocent after all????? Great Work.....

## Dear Westy

### /// Question:

As many of our readers would appreciate, from time to time we all experience the dreaded "saddle sore" or two. Those countless hours aboard our trusty steeds can result in this very unpleasant condition which makes sitting out your bike saddle rather uncomfortable. These have affectionately been named "wontons" by a number of our fellow training partners, which makes the idea of wonton soup somewhat disgusting to me now.

Over the last few weeks I have been unlucky enough to experience some symptoms which I neglected to address during these early stages. I then needed to consult with my local GP as they were getting to a rather festy stage and as a result I have been diagnosed with "bunions on my balls" I believe this is the correct medical terminology and I need some help desperately to try and cure my problem.

*Hope you can provide a cure?*

Regards

SG

### /// Answer:

*Dear Shaun,*

*I sympathise with you and your pain caused by "ball bunions", and feel I can provide some effective advice for you. After consulting my medical reference books, I found the research was extensive and there was much literature on the topic. I managed to decipher through it all, to find the most effective answer, and appropriate treatment method for this pathology - "ball bunions" or "BB's" as I will refer to them.*

**BALL BUNIONS**

Common causes:

- 1). You may have been easily deceived into thinking ball bunions arise from cycling due to the number of bike paths passing through Belmont common. Shaun do you may recall taking regular extended "pea stops"?*
- 2). BB's can also be due to lack of bloody supply to the area due to lack of action.*
- 3). BB's can be caused by incorrect self massage technique.*

Prevention:

- 1). Go to the bathroom before heading out on a ride to decrease urgency of stopping at Belmont Common, or take a different route to avoid this area and desire.*
- 2). Correct your self massage technique. A colleague of mine Dr. J Evans can assist with referrals for this, he is very experienced in this field.*
- 3). Purchase suitably fitting speedos for extra comfort out of the saddle, and Shaun try not to wear them all the time.*
- 4). Wear a nappy on the bike.*
- 5). Apply vaseline or silica 15 to reddened areas prior to saddling up.*
- 6). Address your bike set up and seat*  
*Early intervention is best with problems like these. In one or two very severe cases, they have had to resort to castration so please don't hesitate to seek help as soon as you notice symptoms.*

*Hope this helps Shaun - seya out there*

Westy

For all your health and well-being questions send to:  
[alethew@hotmail.com](mailto:alethew@hotmail.com)

## Scuttlebutt

### /// Lorne Review

Congrats to Jarrod for putting on another fantastic camp. Soft awards were, for once, not handed out but some gutsy efforts from George Hagan, Jarrod, Laney (to name a few) were put in at Lorne Pub Sunday night. A rather large night was had by most and then reviewed by George and Ben Freeman when their insides were brought up on Monday. Our very own Swervin (Greg Mervin) brought his bouncer skills into play to protect George after she tried some karate manoeuvres after having beer spilt on her new shoes. Jarrod was 'out poofed' by a 'poof' on the dance floor and Belinda and Laney were thrown off the stage when they tried to move the guitarist over to get more dancing room. Censorship must bring a close to this section.

### /// Fashion Faux Pas

- For all you beginner and not so beginner triathletes, removal of jocks under bike knicks is essential (Lynnie)



• Welcome Ben Freeman

### /// Bonehead of the month

- It took a massive emu to knock Darren Frankin off his bike in Halls Gap a few years ago, it took just a scrawny rabbit to unseat Greg Mervin and produce some quality gravel rash along the river last week!

## Upcoming Races

/// Yan Yean Race 1 Duathlon Series

/// Good luck to Lynnie in an attempt at world domination at some overseas races late June.

## Rece Review

/// Congrats to Sonya, Pas and Robyn McGeary for some fantastic results in the Busselton half IM last month.

## People Personal

### /// NEW MEMBERS:

Jess Osment, Rowan Neerhut and Richard Sekasan

### /// LEAVING:

Richard Meadows (going back to Karate)

### /// M.I.A.:

John Crocket, Paul Pawlak

## Classifieds For Sale

/// Voucher for Gravity Zero - wheels of own choice. Will sell to highest bidder - bids starting at \$1500. Money goes towards sending Lynnie to World Champs. Fantastic, fast carbon wheels of your choice, contact our No.1 star Lynnie ([lynne.duthie@bigpond.com](mailto:lynne.duthie@bigpond.com)), home phone : 52513427 or mobile : 0411 757 801.