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TRIATHLON TALES – Tri-Alliance Newsletter
June Edition

Volume 2, Nos 4

The Tradition Continues

Tri-Alliance

GALA Awards

Who will win the coveted
Tri-Alliance Triathlete of the Year

Bridgette Burns Jarrod Evans Renee Lane
Emily Rooke Brett Archbold Belinda Harrison

Tri-Alliance Rising Star Award

Gemma Duhig Claudio Abreu Josh Davis
Nicola Layther Jacinta Nash

Tri-Alliance Age Grouper of the Year

Sue Scott Julie King Ray Noonan
Colin Brown Greg Mervin Alethe West
Cameron Simon

Athlete Profile



- ➔ Name: Belinda Lockerby
- ➔ Nickname: Belle/Bee
- ➔ Age: Its rude to ask but its less than 35 - Greg if you put 35 in there I swear I will sabotage your shampoo one morning at swimming (*Editor's Note: It is amazing what some people will do when they go into denial about their age*)
- ➔ Star Sign: The mutant one - how appropriate.
- ➔ Marital Status: Bit like a construction site really
- ➔ Greatest Achievement: Catching an object when its thrown at me (doesn't happen often). Otherwise completing the half marathon (my real one to date), losing 15 kg's and not finding it for over two years, completing my first Gatorade series, making it to training when its freezing outside. Causing the Zoolander name.
- ➔ Influences - Inspiration: Influences...Hmm, would have to say I am influenced by any training session that ends with breakfast or spud bar. Inspiration - would have to be Sue Scott without a doubt. And dare I say Greg - he does have a good tan.

- ➔ Ultimate Triathlon Goal: To one day (no matter how old I am hopefully before 60) qualify to go to the worlds. Also, do the half in Busselton, and run the Melbourne Marathon this year. I couldn't even run 3 k's six years ago.
- ➔ Favourite Food: Freddo Frogs - the giant ones. One day someone will genetically modify broccoli to taste like chocolate, it's only a matter of time people - look at tangellos.
- ➔ Favourite Movie: Life is Beautiful, and this really bad murder mystery that my Dad and my little sister made - its so tragic yet so funny - includes tomato sauce at the crime scene!!
- ➔ Favourite Team Mate: Those belonging to my "Claytons" Family - you should know who you are.
- ➔ Favourite part of Triathlon - Why? The people and the fact that I don't need eye-hand coordination. I was born without it.
- ➔ Favourite Piece of Equipment: Lip balm -just kidding. Heart rate monitor on a Monday morning when I've done enough training and it turns into a little trophy.
- ➔ Who or What makes you laugh (Triathlon related): Hayles and Nicola. And doing the fartlek drill - it is a triathlon coach's cruel joke I'm sure
- ➔ Your 3 Top Dinner Party Guests: Can I say Mum, Dad and my little sister? Alternately the Dalai Lama, Roger Federer (purely for visual) and Billy Connelly
- ➔ Your Best Cooked Meal: Chicken Jambalaya and White Chocolate Cheesecake

- ➔ Your Pet and their name: Dog. Frankie. Loves the Sunday training sessions - thinks we are sheep!

2007 Dates for the Diary!

Sunday August 19th
Yeppoon Half Ironman

Sunday September 2nd
Olympic and Sprint Distance
World Championships - Hamburg

Sunday September 30th
Gold Coast Half Ironman

Monday October 22nd – Sunday October 28th
Halls Gap Training / Details T.B.C

Sunday November 4th
Noosa Triathlon

Sunday December 2nd
Busselton Ironman

Of course, the Halls Gap camp is only a week before Noosa so many of our Noosa Triathletes will not want to attend.

Duathlon Dates 2007

29 July 2007 Knox - 8.00am

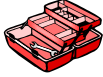
19 August 2007 Somers - 9.00am

9 Sept 2007 Kew Boulevard - 8.00am

30 Sept 2007 Richmond - 8.00am

21 Oct 2007 Yan Yean - 8.00am

The Triathlete's Toolkit



Written by the Department of Sports Nutrition, AIS

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Australian Sports Commission 2004

Acknowledgement: Lorraine Cullen

Nutrition for Traveling Athletes

Traveling away from home for training and competition is standard practice for most elite and recreational athletes. Unfortunately, the disruptions and distractions of a new environment, changes in schedule and exposure to different foods can significantly affect usual eating habits. Major nutritional challenges faced by athletes while traveling include:

- achieving carbohydrate and protein requirements
- meeting daily vitamin and mineral requirements
- balancing energy intake
- maintaining adequate hydration
- food safety

It is essential that strategies are put in place to minimise the impact of travel on an athlete's food intake.

Whether an athlete is traveling overseas or on a long local bus trip, the key to successful eating while on the move is planning and preparation.

Plan Ahead

A general plan consisting of where, when and what the athlete is planning to eat on each day should be constructed around the anticipated daily schedule. It is important to keep foods and meal times as similar as possible to the usual daily routine at home.

Research the Destination

Food patterns at the destination should be investigated as thoroughly as possible before leaving home:

○

- Are all important foods available?
- Is the accommodation self-catering or will it be necessary to rely on restaurants or takeaways?
- What are the hygiene and food safety risks?

The internet, travel agencies, embassies, competition organisers or other athletes who have traveled to the destination before can be used to gain information.

Choose Your Catering Style

Self Catering

Cooking skills, budget and access to shops will determine the meals that can be served.

The availability of food at local shops, the cooking and storage facilities and available utensils need to be investigated before leaving home. Ideally, the menu should be planned in advance. Cookbooks such as the AIS *Survival for the Fittest* and *Survival from the Fittest* can be used as a guide. These books contain special menus for 1-7 days and the corresponding required ingredients. Useful items to pack when self catering include a can opener, chopping knife, extra utensils and storage containers for leftovers. For some locations, power cord adaptors, an in-cup heater and an electric kettle may also be useful.

Restaurant Eating

Athletes often stay in hotels where all meals are provided in the hotel restaurant. On other occasions, athletes or teams may choose to cater for their own breakfasts and lunch and use a restaurant for the evening meal. Where possible, restaurants should be investigated before leaving home. The meal options, cooking styles, opening hours and hygiene of the establishment should be considered. It is useful to book restaurants ahead of time as many businesses are unable to cater for specific requests or large groups at short notice. Discussing the proposed menu with restaurant staff in advance will minimise problems at mealtime. This is particularly important when athletes have

special dietary needs (e.g. vegetarian, food intolerances).

Meals that focus on carbohydrate choices such as rice, noodles and pasta are a good place to start. Add lean sources of protein such as lean meat, fish, chicken, beans or tofu and include plenty of vegetables. Avoid dishes that are deep fried or battered.

Buffet style eating can be a good option as it allows athletes a range of choices. It is quicker than waiting for individual meals to arrive and is cost effective. One of the pitfalls of buffet eating is that it is easy to over indulge. This can be avoided by planning meals in advance and leaving the buffet when full. If using the same restaurant for more than a few days, vary the menu from day to day rather than within a meal to avoid boredom. If possible, avoid being solely reliant on restaurant/fast food options. They can be time consuming, expensive and a nutritional challenge.

Snacks

Snacks are an important component of eating and recovery nutrition plans for most athletes, however access to quality snacks can be difficult when traveling. It pays to take a supply of portable, non-perishable snack foods that are unlikely to be available at the destination. It may be useful to send a package of supplies ahead to decrease baggage. Remember to check with customs/quarantine regarding foods that are restricted from crossing certain borders.

Useful Food Items To Take

- cereal bars
- breakfast cereal
- canned snack pack fruits
- dried fruit
- instant noodles
- jam, honey, peanut butter, Vegemite
- powdered sports drink
- powdered liquid meal supplements
- powdered milk
- concentrated fruit juice
- baked beans and spaghetti

Hotels usually only cater for 3 meals/day. Arrange for snacks such as yoghurt, fruit and cereal bars to be placed out at meals so that athletes can take them for snacks later in the day. Alternatively, arrange for a communal area to be stocked with snacks (i.e. the manager's room).

Travelling by Air

Meals and Snacks

Athletes are not used to forced inactivity therefore hours spent on a plane may lead to boredom. It is important that athletes avoid over eating to relieve boredom.

Taking other activities on board, drinking water regularly and chewing sugar-free gum can decrease the temptation to snack excessively on long flights.

Alternatively, athletes with high-energy needs may struggle to meet their needs if they rely solely on in-flight catering. This may cause the athlete to arrive at the competition destination with reduced fuel stores.

Several strategies can be taken to minimise these risks to performance:

- Find out if special meals (e.g. sports, low-fat, vegetarian) are available on the flight.
- Enquire about the in-flight menu and timing of the meal service in advance.
- On long flights, try to adopt a similar meal and sleep pattern to that anticipated at your destination. This may help to reduce the effects of jet lag.
- Athletes with reduced energy needs should pay particular attention to meals and snacks provided during the flight. It is not necessary to eat everything offered. It may be better to take your own snacks rather than be tempted by all the extra tid bits offered in flight.
- It is advisable to pack extra snacks in carry-on luggage. Food available for sale at airports tends to be expensive and it can be difficult to find nutritious options.

It is always useful to have some supplies in case of unexpected delays.

In-Flight Fluid

The risk of becoming dehydrated on long flights is high as the pressurised cabins cause increased fluid losses from the skin and lungs.

Symptoms of dehydration may include headaches or slight constipation. It is inadequate to rely on cabin service for fluid as the serve sizes of drinks is very small.

Athletes should take their own supply of bottled water onto the flight to supplement the water, juice and soft drink provided in the air.

Sports drinks are also a useful choice as they provide a small amount of sodium that helps promote thirst (therefore encourages a greater fluid intake), and decreases urine losses.

Aim to drink approximately 1 cup per hour during the flight. Caffeine-containing fluids such as tea, coffee and cola drinks may cause increased urine production, but can still contribute to a positive fluid balance in athletes (especially in those who regularly drink caffeinated drinks). Alcohol should be avoided on flights.

Food Safety at the Destination

Gastrointestinal problems are common when traveling to foreign destinations. These can occur in both developing countries and 'safe' destinations.

Adopting good personal hygiene and food safety practices will help to decrease the risk of infection and illness.

If the local water is unsafe to drink:

- Drink only bottled water or drinks from sealed containers.
- Avoid ice in drinks.
- Clean teeth with bottled water.

- Avoid salad vegetables unless washed in bottled or boiled water.
- Only eat fruit if it can be peeled.
- In 'high risk' areas:
- Eat only from reputable hotels or well known franchises.
- Avoid street stalls and markets.
- Be wary of fish and shellfish.
- Only consume food that is steaming hot or has been refrigerated.

At all destinations:

- Avoid sharing cups, bottles or utensils as infections and illness can be transmitted this way.

If vomiting or diarrhoea does occur, it is important to replace lost fluids and electrolytes.

Oral rehydration solutions and a safe water supply should be used. A bland diet consisting of dry toast, crackers, biscuits and rice may help.

Avoid alcohol, fatty foods and dairy foods until the diarrhoea has ceased.

Food at the Competition Venue

Unfortunately, most sporting venues provide food choices such as deep fried snack foods, crisps and chocolate.

Nutritious options are often hard to find. Athletes should carry pre and post exercise snacks and drinks to the venue to ensure that appropriate choices are readily available.

Sandwiches, cereal bars, fruit, juice, liquid meal supplements and bottled or powdered sports drinks are ideal.

Check that the venue has accessible water outlets and that the water is safe to drink.

Carry your own bottled water if the water supply is in doubt.

Case Study

The following case study outlines the strategy an AIS sports dietitian used to assist a volleyball team survive an international trip. The team traveled to India for 3 weeks. It was the first overseas trip for many of the athletes.

Strategy 1: Assess Travel Itinerary and Competition Schedule

The team schedule, accommodation, dining options and goals were discussed with coaching staff.

- Players were to train or compete daily.
- 3 meals per day were to be provided by hotel restaurants.

Coaching staff and senior players who had competed in India previously were consulted regarding anticipated food availability, quality, safety and potential problems.

Strategy 2: Identify Potential Nutrition Issues

- Possible avoidance of local food due to unfamiliarity and dislike of spicy food.
- Dehydration (high temperatures and humidity).
- Limited recovery time between sessions.
- Availability of recovery foods and fluids.
- Side effects of plane travel (first training session scheduled for the day of arrival).
- High risk of gastrointestinal disturbances.

Strategy 3: Education Prior to Travel

Activities were planned prior to travel to help avoid potential problems and to ensure appropriate nutritional strategies were followed.

- An Indian cooking night was organised for team members to increase awareness of Indian foods.
- The team was educated on hydration strategies and hygiene issues. Bottled water was known to be readily available in India.

- The team was educated on issues regarding plane travel. Each athlete was provided with a small pack containing snacks, water and sports drink for use on the flight.
- The team was supplied with a range of portable foods to supplement the player's eating plans and cater for recovery needs.
- Useful utensils were also provided.

Team provisions included:

- cereal bars
- cereal
- powdered milk
- instant noodles
- Vegemite
- small tins of baked beans and spaghetti
- powdered liquid meal supplement
- powdered sports drink
- powdered oral rehydration solution
- electric kettle
- power adaptor plug
- can opener

The Outcome

Players and coaches commented that the preparation and education prior to traveling was of great benefit. This was the first trip to India where no one became sick.

This was attributed to the education players received prior to departure and the provision of safe snack choices.

The athletes had confidence that they could adhere to good nutritional strategies while in a foreign environment. This helped the team perform to their full potential.

Written by the Department of Sports Nutrition, AIS
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Australian Sports Commission 2004

TRAINING CAMPS AND IMPORTANT DATES

This coming year we will again be having a number of training camps including a return to Halls Gap for the first time since 2004.

This was one of our more popular camps that we have held over the years and we will again be utilising Camp Acacia for our accommodation.

The chance to train in some of the best terrain, tracks and mountains in Victoria is too good to resist for the upcoming season and also in preparation for all those athletes intending to race the Ironman at Busselton on December 2nd 2007.

This is a must do camp for those who have never been. We will be catering for beginner right through to elites as well. We are holding it a couple of months later (normally in August) to see if we can harness some of the warmer weather also.

You can lock the below dates into your diaries. We will only have 30 spots for this camp. And in a special announcement we will also be having current VIS and AIS athletes attend is camp also.

The date of the camp at this stage will be Monday October 22nd – Sunday 28th 2007.

Please note that you will not have to come for the 7 Days, (i.e. you can come for the weekend), but you will have to pay a slightly higher cost per night.

This camp will ONLY go ahead if we have more than 25 athletes pay deposits and attend the camp for the 7 Days. **More details to follow** – but we are looking at a cost of 30.00 per person per night, for accommodation only. Meals will be self catered.

This month's song lyrics

(With apologies to Midnight Oil)

Out where the river broke
The bloodwood and the desert oak
St Andrews Market and hippy easels
Icy roads it's five degrees

The time has come
To say fair's fair
To pay the price
To pay our share
The time has come
A fact's a fact
It's bloody hard work
and hard on your back

How can we dance when our wheels
are turning
How do we spin while our quads are
burning
How can we dance when our wheels
are turning
How do we spin while our quads are
burning

The time has come, To say fair's fair
To pay the price, To pay our share

Four wheels scare the riders who
From Studley Park they've paid their
dues
The Kinglake Hills they live and
breathe
Icy roads it's five degrees

The time has come, To say fair's fair
To pay the price, To pay our share
The time has come, A fact's a fact
It's bloody hard work and hard on
your back

How can we dance when our earth
is turning
How do we spin while our quads are
burning
How can we dance when our earth
is turning
How do we spin while our quads are
burning

The time has come
To say fair's fair
To pay the price
To pay our share
The time has come

A fact's a fact
It's bloody hard work
and hard on your back

How can we dance when our earth
is turning
How do we spin while our quads are
burning



Ask Zoolander

I have been increasingly disturbed by the plagiarism that has been occurring recently in some of our local magazines. Talk of waxing versus shaving, the photo etc.

Then on reflection, I think how lucky the Tri-alliance athletes are to be so far ahead of the game.

The photo preparation, waxing solutions, hair product, you name it we can talk about it.

It's a good time to be sourcing out your solarium needs for the coming season. As the throes of winter surround us many people will not venture out into the cold and of course your local solarium will be suffering from a lack of clientele. This often results in "the winter special" and you can often pick up a good deal. Extra sessions/minutes. Remember if you haven't been for a couple of months then 10 minutes is a good starting point.

Of course you need to be booking your sessions now to avoid the early September rush, when all the once a year racegoers start to frequent the salons in preparation for the Spring Racing Carnival

Perfect Preparation Prevents Piss Poor Performance – It's all about the photo

Yours in triathlon.

Regards
Zoolander

Around the Traps with Shirl

Billy turns 40.

Gentleman Bill (Vasilios) Apostolou celebrates his 40th in style at the Albert Park Hotel.



Billy the centre of attention



A coy Gary Windiate shares the limelight with Ollie and Ben Kirby



The Social Director's get the chance to relax and enjoy the occasion.



Julie and Rachel enjoy the relaxed atmosphere



What a handsome bunch

Buy, Swap and Sell

FOR SALE

Carbon Seat Post - Length 35cm, width 2.5cm.

9 Months use only. Excellent condition. Charcoal black, with grey stripe in colour.

Formerly was on a 2004 Giant TCR C1, which had an unfortunate accident. The seat post is fine though, so was salvaged.

Any reasonable offer accepted. It has been sitting in my cupboard for 18 months, so first in gets the prize...

Gerard

0402 122 972

O'NEILL LADIES WET SUIT. SIZE 12. Long sleeves and legs.

Bouyancy Control System 5432, Style No 1263. Only worn for one triathlon. In AS NEW condition.

Will sell for half original price \$150.00 ono

CONTACT: Jo 0412 777 726

To list a product please send the details of your ad to zoolander@tri-alliance.com.au

Cooking with Rohan



Char grilled Chicken with mango salsa

Grill or pan fry chicken breast

Finely shred 120g baby spinach
Finely dice one red onion
Dice one medium mango
One tablespoon finely coarsely chopped mint
20g flaked parmesan cheese (optional)
60ml sweet chilli sauce.

Mix all ingredients together warm or serve cold over chicken

Serve with salad.

Pork fillets with rosemary

Crushed garlic
Chopped fresh rosemary
Chopped brown onion

Sliced mushroom
Coarsely chopped spinach
Combine all ingredients and stuff pork fillets with mixture

Seal pork in frypan and finish in oven use one tablespoon of olive oil

Sauce ½ cup chicken stock
½ teaspoon balsamic vinegar
½ teaspoon finely chopped fresh rosemary

Serve with vegetables

Gala Dinner

When: Saturday 25th August

Where: Batmans Hill Hotel, Cnr of Collins & Spencer Streets, Melbourne

Time: Pre-dinner drinks from 7pm on the Terrace for a 7.30pm start.

Cost: \$85.00 per person. This includes a 3 course meal, beer, wine & soft drinks, door prizes, dancing and all the fun and frivolity you can handle!!

Dress code: Girls "frock up", Guys "Suit & Tie".

RSVP by 10th August to amy@tri-alliance.com.au or 0407 123 671.

Emma Carney's Bike Safety and Ethics.

Editor's note – we have repeated this article as Bike Safety is of paramount importance. The last thing we want is an injured athlete.

When you ride as a group, your conduct will directly affect the flow of the group on the road.

Riding in a group such as this will have a mix of experienced riders, and those who have not fully developed their pack riding skills.

It is important to recognise which category of rider you fit into, and act accordingly.

Strong riders need to protect the weaker – don't expose them to the dangers on the road.

Weaker riders need to make the group aware they are struggling, uncomfortable with the current situation or unsure of how to handle the current conditions.

When we are looking after each other while riding, the added dangers of traffic, obstacles on the road, adverse weather, mechanical problems & refuelling will become much more manageable.

Remember the back of the pack is NOT necessarily the easiest place to sit. You will obviously have an easier ride into headwinds, but will have to continuously adjust your riding to the groups pace change, avoid obstacles without a good view for what is coming up, and basically are not able to relax behind such a large number of riders.

It is important when we break down into smaller 'teams' that the team leaders have the weaker riders sheltered at about 2nd – 3rd wheel.

That way everyone can keep an eye on them and they are in a most comfortable position in the group.

Below are a number of key points to be aware of throughout the ride.

Everyone needs to have a clear understanding of how the group is planning various 'recoveries' – eg how are we going to ride the rotating turns, how will 'calls' be made, our plans for flat tyre changeovers...etc.

When everyone knows the procedure, we will be more efficient as a group.

PACK RIDING

Keep your eyes forward

There should be no reason for you to turn around – especially the front riders.

The most common way to crash is to ride down or into an obstacle, resulting in putting the whole group in danger.

Looking at where you are riding is the only way to avoid this.

Traffic is the usual reason for riders to look behind. The last riders in the pack should be able to hear traffic, and call "car/truck back". They may look behind occasionally, but remembering a split second mistake is all that is required to cause a fall.

***(way to look back is to rest your hand on the rider beside you, so your steering stays intact)

Make the group AWARE of obstacles

Pointing out obstacles & taking your hands off your bars often becomes dangerous in a large group. Try to call out any obstacles so those behind are aware of the upcoming danger.

Hand Placement on handlebars
The safest place is your hoods & drops. These hand placements keep you in close range of your brakes

Braking

Rather than braking hard in a group pack situation, try to 'feather' your brakes.

This requires you to remain aware of what is going on around you, so excessive braking is not required, and those behind you will not be put into a sudden braking situation also.

Feathering is really just gentle, controlled braking.

Pedalling

Similar to braking above – smooth pedalling is required by everyone in the group so there is a constant rhythm in the group.

When pedalling is erratic, those behind will not have a comfortable wheel to follow. Uneven pedalling breaks up the group dynamics, as those behind can't relax.

Try to continue pedalling when taking a drink also – keep the group rhythm going.

Correct water bottles

Please use correct water bottles for each ride. Sports drink bottles do not fit Bidon cages properly, can bounce out and bring others down.

Do not half wheel

The enjoyment of riding in a group is having others to get you through the ride. Constantly riding half a wheel in front of your training partner is probably one of the most frowned upon habits for cyclists.

Don't do it.

Do not overlap wheels

There is no recovery from a front wheel deflection. Overlap your front wheel with the rear wheel of the rider in front & you will put yourself in great danger of crashing.

DO NOT LEAVE STRAGGLERS

Basic survival rule. One day it will be you. No one is immune from a bad day out on the bike.

Rolling Turns/Pack Dynamics for Turns

Taking a turn does not mean you have to be going flat out on the front. More often than not, you are just needed to take a bit of the workload for the group.

For weaker riders, try to take your turn after a weaker rider or side with a weaker rider (depending on the format the group is using), so you don't have to work too hard to get to your turn.

It is important you let the turns to roll, don't make it difficult for others to roll up to the front.

If you notice a gap forming, either fill it (safely) or communicate with those setting the pace to slow up slightly.

Once you have finished your turn, roll off in a smooth fashion. There should be no need to stop pedalling.

Soft pedal until the new leaders come through. If you are returning to the back of the bunch, start applying more pressure to your pedals so you slip back into the groups pace once in position.

Coping with traffic

No one likes traffic out on the bike. There are a number of important points to remember to adhere to while coping with traffic.

- Don't look behind.
- Be decisive, signal, make decisions that will keep the entire group safe – not just yourself.
- Obey traffic rules.
- Leave drivers to worry about overtaking, don't pull over.
- Decide on the pack rotation you are going to use and stick with it
- stay a decisive group in the traffic.

BE PREDICTABLE

If we do break into 'teams' it is important to remember that riding single file often makes it harder for traffic to overtake (as the group is now longer), and traffic can attempt to squeeze past.

A thicker group is quite often the safest option.

Climbing

To make climbing easier, ensure you:

- Ride the correct gear – try not to grind
- Standing – if you need to stand, change gears to compensate for the slower cadence, allowing you to stand up smoothly & keep a steady pressure on the pedals
- Sitting – use the opposite technique to the above. Change down to keep steady pressure on the pedals.
- Do not 'roll back' – this occurs when you either change from sitting to standing (& vice versa). If this is done badly, you will slightly roll back – and be close to bringing the rider behind you down.

It is often better to drink on the uphill rather than downhill

Descending

It is important the leaders continue to pedal downhill, as the draft effect is accentuated when going downhill. If you are following, back off a couple of bike lengths as often the leaders will not be able to go any faster.

No one should be freewheeling an entire descent. Soft pedalling also helps to remove the lactic acid built up in the legs from the previous climb.

A lot of the above information is common sense, and most riders have developed these skills over the past few months during our training rides.

A final thing to remember is to stay relaxed.

Anytime you are riding in close proximity with such a big group, there is always the chance of 'bumping'.

A relaxed rider will absorb the bump, and cope....a tense rider will be surprised, will over react with a swerve and put themselves & the group in danger.

The key is – Have fun and be safe