



TRIATHLON TALES – Tri-Alliance Newsletter

January Edition

Volume 2, Nos 1

Athlete Profile



- ➔ Name: Josh Davis
- ➔ Nickname: Dawso, Hot Josh
- ➔ Age: 24
- ➔ Star Sign: To measure mass. (Cryptic crossword - 1 point)
- ➔ Marital Status: Single
- ➔ Greatest Achievement: Pen license in grade 2

- ➔ Influences - Inspiration: Cousins
- ➔ Ultimate Triathlon Goal: Finish Hawaii at Greg's Age (60 - 65yrs)
- ➔ Favourite Food: Pan au Chocolat from Latin Quarter, not Bakers Delight!
- ➔ Favourite Movie: "You've lost that lovin' feeling, Whoa, that lovin' feeling. You've lost that lovin feeling, Now its gone... gone... gone...wooooooh"
- ➔ Favourite Team Mate: "I love youse all" (Jeff Fenech)
- ➔ Favourite part of Triathlon - Why? Breakfast and coffee following early morning training
- ➔ Favourite Piece of Equipment: P2C
- ➔ Who or What makes you laugh (Triathlon related): Versatility of Bill's "bike box", it doubles as a vehicle!

- ➔ Your 3 Top Dinner Party Guests: Jimmy Barnes (alcohol/entertainment), Bill Clinton (politics/global affairs/ladies?) & Anna Ivanovic (sport/aesthetics).
- ➔ Your Best Cooked Meal in under 20 mins: Beef rolled in prosciutto, lentils, porcini mushrooms, baby cavalo nero, carrots, beetroot topped with pan juices.
- ➔ Your Pet and their name: Too expensive, rather a new bike.

Meet the Coach

An Interview with Jarrod Evans

What is your sporting background?

I was actually a baseballer and basketballer until I became a little disillusioned with team sports in general at about age 14.

I remember I would always get to the end of the game (win or lose) and wonder if other players were giving a 100% in training and the game itself – and I guess because I was not naturally athletically gifted

so to speak, but so competitive, I always worked my ass off for what I achieved, and wondered if everybody did the same.

I guess the end result of that thought process for me was no, I didn't think they were. So that was nearly the last year (1989) of team sports I played.

How did you get involved in triathlon?

I started doing a bit of riding first, then did a bit of swimming and then started running – as my mum was a runner, so I started running with her.

I didn't really come from a sporting background conducive to triathlon (i.e. swimming or running) like many of the top juniors today. I did my first triathlon in 1988 – so that for me is a long time now in the sport.

There were no real coaches around back then in Geelong, so I was just doing my own thing. And yes – I wish I had a coach – it might have saved me years of injuries.

In 1988 - more was better! The place where I used to do much of my swim training was advertising the Waterworld Triathlon Series, a Series of 5 races and I thought I might be alright at it. I got flogged in my age group as a junior, but from then on I was hooked.

Why coaching?

I fell into coaching by accident. At the time I started I had chronic fatigue syndrome, and was pretty much working full time and doing very little exercise (actually none) and had been for quite some time. An ex track and field athlete who knew I had done some triathlons and done well as a junior approached me to coach him and complete his first one and that was it. That was 11 years ago.

Who do you admire in the sporting world and why?

I have to be careful not to look pigheaded or arrogant here, but I'll

be honest – I don't admire anyone in triathlon or associated sports.

Mainly because I wish it was me in their place. I feel that my body has not always been strong enough to cope with the mind. However – I respect and have respect for many people in this sport. Guys like Greg Stewart, Tim Bentley and to a lesser extent, Brett Ricchini were pioneers of this sport and they were local Geelong boys.

People quickly forget how good these athletes were. Between them they won over 400 races all over the world - I grew up looking up to these people and still do. They set the bench mark for the sport and are the reason why the sport in Australia is what it is today.

I am very competitive even as a coach and believe that certain people in my squad on their day are in the top 5 in the world. 'Our' aim as an athlete-coach team is not to "admire", as I believe this can lead to a mindset of underperforming through admiration. But rather we try to, respect, learn from and finally match them.

My athletes and I strive to beat them all as a team –but we ALWAYS have "respect" for our opposition. You must, it is what makes sport in general healthy.

What are your greatest achievements?

Personally, Well – hopefully still to come. I am going to compete in my first Ironman at Busselton this year – which is something I have always wanted to do – but never been consistent enough with training.

Earlier on in my triathlon career I was the Australian Junior Duathlon Champion (1993), made it to Nationals as a swimmer and won a few other races here and there. I completed the Australian Olympic Distance Champs in Geelong in 1.54.00 on a tough course in I think 1994.

Probably what I am most proud of is having the amount of surgery I have had over the years on various things and thank god my body is still holding together to be able to simply do a Gatorade Race.

You don't appreciate a simple thing like running until you can't do it anymore. If you get a niggle, listen to your body – its trying to tell you something!

Coaching - I have so many people that I would love to list as my greatest achievements it would be rude to list them all. I am so proud of so many of my athletes.

I think I am most proud of the ones who have been with me from the beginning and whom I have helped build from the ground up.

I am very, very proud of my girls – they are the hardest working, most devoted bunch of athletes I have seen or worked with on any level. Day in and day out – they leave no stone unturned in getting what they want.

People ask me what secret sets I use in training or what I do at training etc, etc – in all honesty, there are certain things – but at the end of the day I have so little to do with their success. They all want it so badly they would crawl over their own dying husband to get it (I'm not joking either) – Sorry Boys ☺

Greatest challenges?

Easy One. My life in general. I have really bad time management issues. My greatest challenge is trying to run a successful training squad whilst also trying to create coaching opportunities for myself and try and make a career out of this thing called 'triathlon'.

At the moment I am fumbling my way through a bit, but enjoying it very much.

You are currently leading the Gatorade Series in 2006/07, so what's on the horizon for Jarrod Evans, your aspirations for the future?

Competition - I love competing at Age Group Level as the best athlete still wins on the day. With Elite racing it is now the best swimmer and runner that win the races.

Non drafting is still the purest form of true test racing. I have great respect for all age group athletes.

I would love to get back to some sort of elite level racing, but I find it hard to do the amount of running I need to, to be competitive – due to past operations on my ankles.

My goal for this year is to complete my first Ironman at Busselton. It has been on my to-do list for a long, long time and this year is an opportune time to do it. Plus within our training group in Geelong we have up to 15 people looking to do the event this year and that makes for a great group training environment.

Professionally – I would like to be a leader in my field (triathlon) with Victoria and Australia. I like the challenge of producing good athletes from the ground up (when they are beginners). The best coaches in the world have all produced great athletes from scratch. I also have great respect for these types of coaches, and I love learning off them.

As I type this I am on a training camp with Loretta Harrop, Brad Kahlefeldt, Simon Thompson, Erin Densham and the best juniors and Under 23 athletes in the country – learning what makes them tick and learning off the coaches who coach them - I want to keep doing this – this is my passion, and this is where I see my future.

What would be the one most important message that you can give our Triathletes?

There are many things that I say to my athletes over the course of a

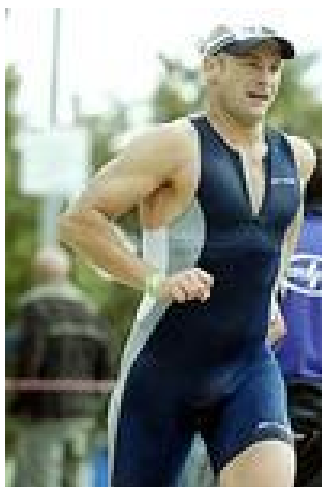
training period – but one of the constants is, that if you are consistent with your training over a long period you WILL get results.

This is the way this sport works, it rewards consistent hard training.

Listen to your coaches, have faith in what they teach you, learn from them, train hard and then go and put it all into practice. Good Luck!

Happy New Year to All from the Team at Tri- Alliance.

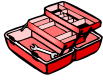
Athlete Profile



- ➔ Name: Greg Mervin.
- ➔ Nickname: Swerv.
- ➔ Age: 36.
- ➔ Star Sign: Cancer.

- ➔ Marital Status: Single.
- ➔ Greatest Achievement: Im not sure.
- ➔ Influences - Inspiration: Mum and Dad – both very courageous people.
- ➔ Ultimate Triathlon Goal: Complete an Ironman.
- ➔ Favourite Food: Honey Sandwich.
- ➔ Favourite Movie: Saving Private Ryan.
- ➔ Favourite Team Mate: I like them all, but I must give a special mention to Bud, Mal and Laney. All quality people who have a real crack at achieving their goals.
- ➔ Favourite part of Triathlon - Why? The swim start because the beginning of every race is the beginning of a new challenge.
- ➔ Favourite Piece of Equipment: Bike
- ➔ Who or What makes you laugh (Triathlon related): The Mal and Harro show on any long ride
- ➔ Your 3 Top Dinner Party Guests Mal, Harro and Evo because I'm smarter and better looking than all of them!
- ➔ Your Best Cooked Meal Spaghetti out of a tin.
- ➔ Your Pet and their name Don't have a pet.

The Triathlete's Toolkit



Written by the Department of Sports Nutrition, AIS

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Australian Sports Commission 2004

Eating Before Exercise (continued from last month)

Are foods with a low glycaemic index better?

Carbohydrate-containing foods have different effects on blood glucose levels. Foods with a low glycaemic index (GI) cause a slower, sustained release of glucose to the blood, whereas foods with a high GI cause a rapid, short-lived rise in blood glucose.

It has been suggested that low GI foods could be useful in the pre-event meal as they would result in a slower and more sustained release of glucose during exercise maintaining blood glucose levels for a longer period.

However, research has been unable to demonstrate that consuming low GI foods prior to exercise has universal benefits on exercise performance.

In addition, consuming carbohydrate (e.g. sports drink) during exercise provides an alternative way to maintain fuel levels throughout the activity and a study has shown that this practice overrides the effects of different types of carbohydrate in the pre-event meal.

If you are involved in an endurance event in which it is difficult to take in extra carbohydrate during the session, you may wish to trial low GI foods before exercise.

However, keep in mind that many low GI options (lentils, porridge, multigrain bread) may not be suitable as they are more likely to cause stomach discomfort.

What if I exercise early in the morning?

It is not always practical to eat a meal 3-4 hours before exercise. If you train early in the morning you should opt for a light snack about an hour before exercise.

For example, some fruit or a cereal bar on the way to training along with some fluid such as sports drink.

Make up for your smaller carbohydrate intake by consuming carbohydrate during the event or training session.

What if I am too nervous to eat?

You will perform better when you are well-fuelled and well hydrated, and the pre-event meal may play an important role in achieving these goals.

Experiment to find a routine that works, and foods that are safe and familiar to you. Liquid meal supplements such as PowerBar Protein Plus powder provide an alternative for anyone who has difficulty tolerating solid foods pre-exercise.

You may also find that foods such as cereal bars and sports bars can be eaten if you nibble them slowly over the hours leading up to your competition.

Should I avoid carbohydrate 1 hour before exercise?

Most athletes are able to consume carbohydrate in the hour before exercise without affecting performance, and in some cases it can even improve the outcome of the session.

However, a small percentage of athletes experience a drop in blood glucose levels and symptoms such as fatigue, shakiness and dizziness after consuming carbohydrate immediately before exercise. This reaction is a response to the increase in carbohydrate use that occurs after carbohydrate intake,

associated with a rise in the levels of the hormone, insulin.

When the start of exercise coincides with extra carbohydrate use, it is usual to see a small dip in blood glucose levels. In most people, this is a temporary event which is quickly corrected by the body without any side effects.

However, in a few individuals, the drop in blood glucose is greater, or the individual is sensitive to the change, suffering a pronounced fatigue.

If you are affected in this way consider the following advice:

- Experiment to find the best timing for your pre-exercise meal. Try allowing a longer period between eating and exercising.
- If you need to eat close to exercise, opt for a snack that provides at least 70 g of carbohydrate. There is some evidence to suggest that small amounts of carbohydrate (<50 g) are more likely to cause problems in sensitive individuals than larger amounts. This is probably because the small intake of carbohydrate is swamped by the carbohydrate use. Larger intakes will compensate for a greater rate of use, leaving the athlete with a net gain in carbohydrate availability.
- Include some low glycaemic index foods (yoghurt, multigrain bread, pasta, oranges) in the pre-exercise meal. These result in a slower release of glucose throughout exercise and a smaller insulin response compared to higher glycaemic index foods.
- Include some high-intensity activity in your warm-up. This helps to stimulate glucose release from the liver and prevents blood glucose levels from dropping too low.

- Consume carbohydrate during the event.

Should I avoid eating before exercise if I am trying to lose weight?

Exercising in a fasted state (8 hours since the last meal) results in a greater proportion of fat being used as the exercise fuel compared to doing the same workload after a carbohydrate-containing meal or snack.

However, it is possible that you will be able to exercise harder and for a longer period if you consume carbohydrate before exercise.

Overall, this will result in greater energy use, and a better contribution to the negative energy balance that is needed to cause fat loss. To make a decision about eating before your workout, it is useful to consider the goals of the session.

If your primary goal is to improve performance, have something to eat before exercise. If your primary goal is weight loss, and you will do the same amount of exercise regardless of whether you eat or not, save your meal until after the session.

Written by the Department of Sports Nutrition, AIS
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BBQ at Elwood Race on the 18th of February

As the next race at Elwood is the last Melbourne race of the season, we will be having a BBQ at the Tri-Alliance tent after the main race. We hope you and your families will all join us. BBQ is provided BYO alcohol if you want.

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 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.

2007 Dates for the Diary!

Monday 26th March

Mad Monday – details to be announced shortly.

Sunday April 2nd

Local Triathlon Season Finishes

Friday April 6th

Tri-alliance Geelong / End of Season Party

Friday June 8th – Mon 11th

Lorne Training Camp / Details T.B.C

Sunday August 19th

Yeppoon Half Ironman

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.

This month's song lyrics

I, I love the colorful clothes they wears
And the way the sunlight plays upon their hair
I hear the sound of a gentle word
On the wind that lifts their helmet in the air

I'm pickin' up road vibrations
It's giving me excitations
I'm pickin' up road vibrations
(Oom bop bop road vibrations)
It's giving me excitations
(Oom bop bop excitations)
Road Road Road Road vibrations
(Oom bop bop)

They're giving me excitations
(Oom bop bop excitations)
Road Road Road Road vibrations
(Oom bop bop)
They're giving me excitations
(Oom bop bop excitations)

Close my eyes they're somehow closer now
Softly smile, I know they must be kind
When I look in their eyes
They goes with me to a cycling world

I'm pickin' up Road vibrations
They're giving me excitations
I'm pickin' up Road vibrations
(Oom bop bop Road vibrations)
They're giving me excitations
(Oom bop bop excitations)
Road Road Road Road vibrations
(Oom bop bop)
They're giving me excitations
(Oom bop bop excitations)
Road Road Road Road vibrations
(Oom bop bop)
They're giving me excitations
(Oom bop bop excitations)

(Ahhhhhhh) (Ah my my what elation)
I don't know where but they send me there
(Ah my my what a sensation)
(Ah my my what elations) (Ah my my what)

Gotta keep those lovin' Road vibrations a happenin' with them
Gotta keep those lovin' Road vibrations a happenin' with them

Gotta keep those lovin' Road vibrations a happenin'

Ahhhhhhh Road Road Road Road vibrations (Oom bop bop)
(I'm pickin' up Road vibrations)
They're giving me excitations (Oom bop bop) (Excitations)
Road Road Road Road vibrations (Oom bop bop) They're na na . . .

Na na na na na Na na na
Na na na na na Na na na
Do do do do do Do do do
Do do do do do Do do do

Athlete Profile



➔ Name: Rodney Dedman

➔ Nickname: Tods as a child, Charlie at school, Occasionally these days Rocket

➔ Age: 46

➔ Star Sign: Scorpio

➔ Marital Status: What ever

➔ Greatest Achievement: In the past - 3rd in Tour of Tasmania (Cycling),

➔ In current world - keeping below 75 kg & reversing results on Zoolander at St.Kilda

➔ Influences - Inspiration: Joy (Partner to me and mother to Tash & Mitch), Nelson Mandela

➔ Ultimate Triathlon Goal: Running past someone in my age group and running 4 minute Km's over 10 Km leg of Olympic distance.

➔ Favourite Food: Anything Joy cooks.

➔ Favourite Movie: Paris Texas

➔ Favourite Team Mate: Tash and Mitch and everyone in the North West group.

➔ Favourite part of Triathlon - Why? No part of racing it's too hard -The company of others during training - Witnessing improvements of team-mates who put in the effort.

➔ Favourite Piece of Equipment: Natasha's bike (I hope she leaves it to me)
Who or What makes you laugh (Triathlon related): Colin and Rohan trying to do backstroke.

➔ Your 3 Top Dinner Party Guests: Eddy Merkx - the best every cyclist and my all time idol, Bruce Springsteen to provide the music, and Joanna Griggs for whatever pops up for dessert.

➔ Your Best Cooked Meal: Anything Seafood.

➔ Your Pet and their name: Oscar the beagle.



Ask Zoolander

Many people have asked me what is the best way to get that smooth well defined look for the legs and of course the photo, this brings me to the age old question to Wax or Shave?

The answer of course relies on the individual's pain threshold. Something I call "Breaking through the pain barrier."

There are many forms of Waxing, below I have detailed some of these for your benefit:

Soft wax – The professional approach, available from most Salons. (Hint, be prepared for the strange looks from the army of women having a pedicure and wondering what some bloke is doing having his legs waxed, of course the added advantage is the admiration adorned on fellow Triathlete's because of the great legs, this comes after the event.)

Hard Wax – This is a pain in the arse, you need to heat the wax to an acceptable temperature, too hot and you burn a hole in your leg (speaking from experience), too cold and you cannot spread the wax suitably. It is hard to remove from your skin and tiny residual wax pieces remain.

Other pitfalls include leaving small pieces of hard wax all over the floor and house. (The wife does not take kindly to this invasion, again the voice of experience speaking)

Malleable Wax – This has been the most successful of the waxing ventures and whilst I'm loathe to mention brand names (product placement is not on Zoolander's list of activities and besides they don't sponsor me), the Nair Salon Devine is very good. Just follow the instructions, smooth onto your skin and let it rip.

Wax Strips – A relatively newcomer to the market, pre waxed strips that you heat in your hands then place on your skin, generally they are plastic strips and I have found these to be ineffective.

Chest – If you haven't seen the 40 year old virgin DVD, do yourself a favour and hire it, if only for the chest waxing scene and yes it's actually real, and yes I can sympathise. Hint – beware when waxing your nipples, I've discovered they can be extremely sensitive to heat and pain

Shaving - A quick easy solution, Gillette Venus is recommended, the pretty pink colour looks a treat in a blokes shaving kit.

Depilatory Cream – an effective if somewhat messy alternative to waxing and it doesn't always smell good. An added benefit is the ability to remove unwanted hair from the CBS region.

Epilady – My hat goes off to anyone who uses this contraption. To put it simply, this thing bloody hurts.

Yours in triathlon.

Regards
Zoolander

Around the Traps with Shirl

You never know what you find out about people. Who rang their partner to find out where they find mashed avocado during their first shopping venture to the Supermarket. Seems our intrepid triathlete has been well looked after over the years and had to make the big expedition on their own.

It never fails to amaze, which podium finisher fell off his bike whilst travelling at 2 kmh on a Wildwood ride. No hints but Barry Dawson would have been proud.

Buy, Swap and Sell

For Sale - Cervelo P3 2004 (red/white) – 56cm

Full 9 speed Shimano Ultegra w/ Dura-ace bar end shifters, Vision tech TT bars, Selle San Marco TT saddle, Shimano SPDSL pedals Wireless cycling computer Shimano R550 wheels Perfect condition, Fully maintained and serviced regularly \$3500 ONO



contact Gideon directly on 0419 347277

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

Canberra Capital Results

Name	Time	Age Group	Finish
Bill Apostolou	2:22:58	M40-44	14
Rachel Rayner	2:29:51	F25-29	18
Greg Nugent	2:35:42	M45-49	22
Simon Rafferty	2:36:59	M25-29	34
Michelle O'Toole	2:40:36	F40-44	10
Susan Scott	2:48:02	F45-49	6
Robert Scapin	DNF	M40-44	