



MELBOURNE TALES – Tri-Alliance Newsletter

Volume 1, Nos 4

The Tradition Begins

Tri-Alliance Inaugural GALA Awards

**Who will win the coveted
Tri-Alliance CBD/Bayside/Western Metro Triathlete
of the Year**

**Georgie Hagen Michelle Augustynek
Dale Hemley**

**Tri-Alliance CBD/Bayside/Western Metro Rising
Star Award**

**Natasha Dedman Mitchell Dedman
Daniel Shap**

**Tri-Alliance CBD/Bayside/Western Metro Age
Groupers of the Year**

**Julie King Ray Noonan Neil Mendum
Charmaine Wilson Mick Donovan**



For any suggestions, Buy, Swap and Sell listings, Ask Ollie, Ask Zoolander, Feedback or general enquiries please email zoolander@tri-alliance.com.au

“The Tri-Alliance GALA”

Do not miss your big chance to attend the event of the year, make sure you are at the event ALL the celebrities are clamouring to attend.....



Several of our athletes have qualified to race at the 2006 World Championships in Lausanne, Switzerland and in order to support our fellow team mates we would like to invite you all to a special evening of fun and frivolity.

Funds raised from this Gala evening will help members of our squad attend this once in a lifetime event.

When: Saturday 26th August 2006

Where: Collins Room - Batman's Hill on Collins Hotel, Corner of Spencer & Collins Streets, Melbourne

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

Cost: \$80.00 per person 3 course meal plus beer, wine and soft drinks

A silent auction, raffles, door prizes and award presentations will be held and a DJ will provide plenty of music for everyone to enjoy.

RSVP : By 22nd August 2006 to Amy on amy@tri-alliance.com.au or 0407 123 671

Dress Code: After 5 wear

The Batman's Hill on Collins has arranged a special rate for accommodation on the night with both single rooms and apartments available.

Please discuss necessary arrangements with Amy.

We are also collecting items for auction or raffle prizes so if you have anything you would like to offer please let Amy or Ollie know. We will ensure all sponsors & donors will have their logos well represented on the night.

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Athlete Profile



- ➔ **Name:** Amy Innes
- ➔ **Nickname:** Ames
- ➔ **Age:** 33
- ➔ **Star Sign:** Aries
- ➔ **Marital Status:** Single
- ➔ **Greatest Achievement:** Surviving life to the age of 30.
- ➔ **Influences - Inspiration:** James - a friend's 8 year old who has a brain tumour and is nearly blind. He never lets it get to him and loves being involved in life.
- ➔ **Ultimate Triathlon Goal:** To create the greatest cheer squad in Australia
- ➔ **Favourite Food:** Deep fried potato: chips, crisps, hash browns.....don't tell the coach
- ➔ **Favourite Team Mate:** Amelie - until such time as she can run faster than me !!!
- ➔ **Favourite part of Triathlon - Why?** Social life, because it's the one discipline I can excel at.
- ➔ **Favourite Piece of Equipment:** Windtrainer - only time I can manager the bike without falling off or injuring myself.
- ➔ **Favourite Movie:** Happy Gilmour

- ➔ **Who or What makes you laugh (Triathlon related):** Ollie when he tries to be serious and strict on us at training.
- ➔ **Your 3 Top Dinner Party Guests:** Josh from the West Wing, Bryce Courtney & Ross Noble.
- ➔ **Your Best Cooked Meal:** Individual raspberry cheesecake meringues
- ➔ **Your Pet and their name:** Mini daschund puppy on order for Xmas. Name to be decided - all suggestions will be considered.



Ask Zoolander

Dear Zoolander,

With all the talk around drugs in sport, the recent happenings at the Tour de France and the focus in the Australian Press about drugs, I am extremely confused about what is legal and what is not. I want to look my best for the photo and was thinking of having a Botox injection to assist with my photo.

Signed Frozen Face

Dear Frozen Face,

First, let me congratulate you on preparing for the most important aspect of Triathlon – the photo.

As you know Zoolander's catch cry is – "it's all about the photo"

If you have read Zoolander's Tips and Tricks you will know that there are several opportunities for a race photo, let me recap these for you.

The Wave Start

Not the best opportunity for a photo, it is very difficult to ascertain who's who when we are all dressed in wetsuits. Positive note here – Black is slimming

The Swim Exit

Again not a great photo opportunity, many of us will be wearing the attractive swim caps and have goggle eye markings. This is not a recommended photo to purchase.

The Transition

This present us with our first great opportunity for a good photo and to show off our perfect tan that we have discussed previously (see tanning guidelines). The trick here is to ensure we oil up before we don our wetsuits. This enhances the body glow and has us looking our best early in the race.

The Bike

Generally this is our best action shot, if you have tri bars you should ensure you have a solid grip on the bars, this accentuates the biceps and the lean forward covers that middle tier spread that may affect some of us.

The Run

Many athletes are just not prepared for the run photo. As part of our training we are advised to keep our head up and look at the horizon. This is really where this tip comes to the fore. For those of you who believe that this is designed to keep an efficient running style happening think again. This is really to allow you to sight the run photographer and prepare for the photo. You may choose to smile or wave for the photo. This depends on the look you are trying to achieve. For the Family Room wall the look of determination of an Elite athlete is preferred to those of the smile and wave.

The Finish Line

Here is where we come into our element and we all want to look our best. This is not the easiest task when you are on the verge of completing your triathlon. So here are the tips of the trade.

Guys, make sure you zip up that stealth suit, the black helps with the slimming process and covers the greying chest hair (Not a good look).

All, a couple of quick slaps on the biceps to pump them up as you near the photographer and ensure that you have your fists clenched as you pump out those last 25 metres. (Remember the look of determination)

Of course we all need to ensure that we have our gut sucked in and head up and straight. We don't want to see drooling, dribbling or stomachs hanging out, after all we are representing the Best Triathlon Club in Town.

Good luck with your photo, yours in Triathlon

Regards
Zoolander



Ask Ollie

What is resting heart rate all about.

Believe it or not it is a useful tool for both you and your coach to get some valuable feedback.

Resting heart rate is a great way to monitor how you recover from sessions, to see if you are doing too much and if your body is run down or fitness levels are picking up.

The most efficient time to check resting heart rate is when you wake in the morning after you go to the toilet if needed.

Sit down for a couple of minutes and wait for your heart rate to settle down to its lowest level. Take this down; this is your resting heart rate.

To stay CONSISTENT do this under the same conditions each day. Usually if you are travelling ideally then there will be a consistent resting heart rate each day give or take one or two beats.

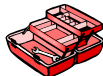
If you find that it starts to more than this three and more it is time to rest and re think training for that day or week. **TELL YOUR COACH.**

Upcoming Races

Duathlon Series

Sep 10 Race 4 Richmond
5km/20km/3km

The Triathlete's Toolkit



Transition Set up



- ➔ Place your bike in transition area in your designated rack
- ➔ Look around you to find a point of reference or count the number of racks leading in from the swim so you know exactly where your bike is located.
- ➔ Place Bright towel next to your bike on the right hand side.
- ➔ Place your running shoes on the towel ready to slip on. Put a little Vaseline inside your shoes on any points that your feet may rub so you don't get blisters, and a little on the tongue so you can easily slip them on. Placing some baby powder in your runners also makes them slip on easy
- ➔ Put your bike shoes on your towel in front of your runners if you haven't practiced getting them on while you are riding, otherwise if you use toe clips or shoes already attached to your bike make sure your pedals are at 9 and 3 o'clock. This way your shoe's are level and won't drag on the ground.
- ➔ Put Vaseline on the sides of your bike seat to reduce chafing
- ➔ Make sure your bike is in an easy gear to make your take-off easy.

Around the Traps with Shirl

Reward comes in many different faces and for those diehard committed athletes; the Saturday Ride at Kew Boulevard was no exception.

Those prepared (or was that stupid enough) to brave the elements in cold and wet conditions were treated to a view many would not believe.

After negotiating the hills and wet roads the view at the top of the last hill after the Freeway crossing was something that had to be seen to be believed.

Let's just say that it was a nice black Monaro parked on the wrong side of the road, with the incumbents' hell bent on keeping warm with an exercise of their own.

It's a GIRL!!!!!!!!!!

Mackense Edith Jane Evans, born at 5.05pm Friday 18th August, 7 pounds 11 ounces. Mother and daughter fit, Dad very proud. All exhausted. Congratulations from all at Tri-alliance

This month's Quiz

Last months answer

Where did Lynne Duthie Race recently and what was her finishing position?

Singapore – 2nd – Well done Lynne

This month's question

Really!!!!!!!!!!!!!! How old is Ollie?

Answer in the next newsletter.

Duathlon Dates

Victoria:

Jul 30	Race 3	Knox
Sep 10	Race 4	Richmond
Oct 1	Race 5	Richmond
Oct 22	Race 6	Somers

NSW:

Aug 20	Race 3	Cessnock
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Buy, Swap and Sell

Wanted to Buy – 2nd Hand Race/Tri bike to suit woman (160cm tall), ideally \$800 - \$1,000 (but worth way more)
Contact Sarah 0402 305 467 (Sydney)

For Sale – lane 4 wet suit, to fit size 10 12 female, black and fast.
Contact Rachel

Aqua(woman) wetsuit long sleeve size S/M. Suit female approx 5'5" – 5'8", 55-60kg. Has been used for one season. Had small tear in armpit, professionally fixed. Will sell for \$175.00. Call Gemma 0402 439 687

Giant TCR Aero 2, 05 Model, Size 55.5cm, Shimano 105 Gearset. Excellent Condition \$1,000.00 Contact Colin Brown 9390 5094 or 0413 148 956.

Specialized - Elliz Comp - 52" frame - 3 yrs old - used approx 10 times
Shimano wireless flight deck (on board PC), Aluminium frame - carbon forks & seat post, Shimano gearing LOOK clip-in pedals, Shimano Trial bars, Weigh - approx 9-10kg maybe less - additional gathered dust - 2kg BIKE APPROX \$2000 - DUST NEGOTIABLE

Contact: Nicolette Ward (03) 9616 6587

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

Triathlon Dates:

Queensland:

Sep 03	Race	Evans Head
Sep 17	Race	Airlie Beach
Sep 24	Race	Townsville
Oct 29	Race	Noosa

Athlete Profile



- ➔ Name: Nicola Clare Layther
- ➔ Nickname: Stretch
- ➔ Age: 30
- ➔ Star Sign: Sagitarius

- ➔ Marital Status: Single
- ➔ Greatest Achievement: My bungee jump - I hate heights!
- ➔ Influences - Inspiration: My Mum - sounds sickly sweet, but she was an amazingly stong woman
- ➔ Ultimate Triathlon Goal: To get a podium finish
- ➔ Favourite Food: Jacket Potatos from the Spud Bar
- ➔ Favourite Team Mate: Don - well I could not really say anyone else!
- ➔ Favourite part of Triathlon - Why? The end of season drinks! I do not think I need to explain why!
- ➔ Favourite Piece of Equipment: At this time of year the new cycling leggings that I have purchased - they are toasty!
- ➔ Who or What makes you laugh (Triathlon related): Don and his hatred of the kicking swimming drill
- ➔ Your 3 Top Dinner Party Guests Aaron Hamill (to look at) Steven Redgrave (for inspiration) John Cleese (for the entertainment)
- ➔ Your Best Cooked Meal: Beef Roast dinner with horseradish sauce and yorkshire pudding
- ➔ Your Pet and their name: A rabbit called Moonee and a parrot called Max!