



# MELBOURNE TALES – Tri-Alliance Newsletter

Volume 1, Nos 3

**Everybody's talkin bout it.....  
you don't miss a word their sayin.....**



## **Tri-Alliance taking on the World..... Gala Awards Night & Fundraiser**

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 11th August 2006 to Amy on amy@tri-alliance.com.au or 0407 123 671

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.

# Athlete Profile



- ➔ **Name:** Rohan Belmore
- ➔ **Nickname:** Monica
- ➔ **Age:** 42
- ➔ **Star Sign:** Scorpio
- ➔ **Marital Status:** Married
- ➔ **Greatest Achievement:** Too many to mention, although finishing at Portarlington would rank right up there.
- ➔ **Influences - Inspiration:** Lance Armstrong
- ➔ **Ultimate Triathlon Goal:** Podium Finish
- ➔ **Favourite Food:** Mexican
  
- ➔ **Favourite Team Mate:** Too Political and I don't have the intestinal fortitude to name names.
- ➔ **Favourite part of Triathlon - Why?** The finish (sense of achievement)

- ➔ **Favourite Piece of Equipment:** Togs (Cost the least)
- ➔ **Favourite Movie:** Happy Gilmour
- ➔ **Who or What makes you laugh (Triathlon related):** Ray Noonan (Waterslide)
- ➔ **Your 3 Top Dinner Party Guests:** Mick Jagger, Adam Sandler, Catriona Rowntree
- ➔ **Your Best Cooked Meal:** Chicken Parma
- ➔ **Your Pet and their name:** Had 3 Gold fish one named Sheeds, Bomber and Tiger. Bomber ate Tiger so we let Sheeds go in the lake.



## Ask Zoolander

Dear Zoolander,

I am concerned about the loss of my "perky pecs" (i.e. my boobs), and am wondering if implants could at all affect my racing ability? I figured they may be advantageous in the swim, but I don't know about the ride or the run.

Signed Perky Pecs

Dear Perky Pecs,

This is something new for Zoolander and has required research into the look and feel.

The laws of triathlon do not allow floatation devices other than the wetsuit and therefore implants may be seen as assisting the athlete.

Remembering that its all about the photo, Chicken fillets may be a solution that could be inserted during T1.

There are several varieties available on the market of varying sizes and weight. The size of the required

impact, will ultimately influence the decision on which brand and weight.

Remember always check transition, the bike and run leg for photographer positioning, run forward and tall with your chest out and smile for the cameras

Regards  
Zoolander



## Ask Ollie

### 10 Group ride tips.

1. Do not half wheel, this means when riding behind someone, your front wheel is not positioned half way next to their back wheel. This has the potential to cause many an accident and will end in tears.
2. Bring your own tube, levers and pump.
3. Have plenty of fluid,
4. Bring reliable food, something that will give you sustainable energy.
5. Signal when
  - a. stopping,
  - b. if there is a hole, object on the road,
  - c. car parked on the side of the road, and
  - d. Especially, if there is glass.
  - e. Communicate to your ride mates.
6. Be ready for anything,
7. be mindful of what is happening around you, in front and behind,
8. use your gears wisely, best range is between 80 to 100 rpm's,
9. Make sure your bike setup is correct it makes the world of difference if your seat height and reach is correct.
10. Make sure your tyres are pumped to their optimum pressure. Usually 100psi for a current road bike. Check your tyre wall for suggested inflation level.

# Upcoming Races

## Duathlon Series

Jul 30 Race 3 Knox  
5km/20km/3km

## The Triathlete's Toolkit

### How Does Massage Help?

#### Recovery:

Therapeutic massage helps the body recover from the stresses of strenuous exercise, and facilitates the rebuilding phase of conditioning.

The physiological benefits of massage include improved blood and lymph circulation, muscle relaxation, and general relaxation. These, in turn, lead to removal of waste products and better cell nutrition, normalization and greater elasticity of tissues, deactivation of trigger points, and faster healing of injuries.

It all adds up to relief from soreness and stiffness, better flexibility, and less potential for future injury.

In addition to general recovery, massage may also focus on specific muscles used in a sport or fitness activity.

For example, areas of greater stress for runners and dancers are in the legs, for swimmers in the upper body, for tennis players in the arms. These areas are more likely to be tight, lose flexibility, and develop trigger points.

#### Over-training:

Adequate recovery is also a major factor in avoiding the over-training syndrome. Over-training is characterized by irritability, apathy, altered appetite, increased frequency of injury, increased resting heart rate,

and/or insomnia. It occurs when the body is not allowed to recover adequately between bouts of heavy exercise.

Therapeutic massage helps you avoid over-training by facilitating recovery through general relaxation, and its other physiological effects.

#### Trouble spots:

You may also have your own unique trouble spots, perhaps from past injuries. A massage therapist can pay special attention to these areas, monitor them for developing problems, and help keep them in good condition.

An experienced massage therapist can also compliment treatment received from other health care professionals for various injuries. You may also have your own unique trouble spots, perhaps from past injuries.

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## Around the Traps with Shirl

Over the years I have seen many athletes benched, dragged, rotated and rested all in the name of performance or team balance.

However, in a first for Tri-Alliance, who was the triathlete that was dragged from the pool for poor performance?

Good to see athlete number 176 making a long awaited return to the training regime, just when we thought they were lost, they have re-appeared

# This month's Quiz

## Last months answer

Who broke through for their inaugural win in season 2005/06 and at which race?

Georgie Hagen - Portarlington

## This month's question

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

Answer in the next newsletter.

## Buy, Swap and Sell

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

Aqua(wo)man wetsuit longsleeve 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.

To list a product please send the details of your ad to [zoolander@tri-alliance.com.au](mailto:zoolander@tri-alliance.com.au)

# Athlete Profile



- ➔ Name: Gavin Fry
- ➔ Nickname: Fearless
- ➔ Age: 35
- ➔ Star Sign: Virgo – “The Virgin”
- ➔ Marital Status: Available
- ➔ Greatest Achievement: the after event celebrations at Geelong
- ➔ Influences - Inspiration: Emma Bunton, Neil Armstrong, my Mum and Dad.
- ➔ Ultimate Triathlon Goal: To beat Simon Rafferty.
- ➔ Favourite Food: Lettuce, Broad Beans, Lentils and Wheatgrass
- ➔ Favourite Team Mate: I love the Boys!!!
- ➔ Favourite part of Triathlon - Why? Pre race preparation, I get to iron my jeans before the carbo loading.
- ➔ Favourite Piece of Equipment: Pocket Mirror

- ➔ Who or What makes you laugh (Triathlon related): My White Mesh top
- ➔ Your 3 Top Dinner Party Guests : B1and B2,
- ➔ Your Best Cooked Meal McCain Choice Roast Lamb with mixed Vegetables and Gravy for one – takes four minutes in the microwave.
- ➔ Your Pet and their name Harry the Hermit Crab

## 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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## Triathlon Dates:

### Queensland:

Aug 13	Race	Yeppoon (Half Ironman)
Sep 03	Race	Evans Head
Sep 17	Race	Airlie Beach
Sep 24	Race	Townsville
Oct 29	Race	Noosa

# Triathlon Man (I think it's gonna take a long long time.....)

She packed my bags last night pre-ride  
Zero hour five a.m.  
And I'm gonna be cold as ice by then  
I miss my bed so much  
I miss my wife  
It's lonely out in space  
On such an endless flight

And I think I'll have to train a long long time  
Till Beach Road brings me round again to find  
I'm not the man they think I am at home  
Oh no no no  
I'm a triathlon man  
Triathlon man burning out his body out here alone

Beach road ain't the kind of place to raise your kids.  
In fact it's cold as hell  
And there's no one there to raise them if you did  
And all this training I don't understand  
It's just my lot seven days a week  
A triathlon man, a triathlon man

And I think I'll have to train a long long time  
Till Beach Road brings me round again to find  
I'm not the man they think I am at home  
Oh no no no  
I'm a triathlon man  
Triathlon man burning out his body out here alone

And I think it's gonna be a long long time.....

*(this months apologies to Elton John)*