



TRIATHLON TALES – Tri-Alliance Newsletter

March, April and May Edition

Volume 2, Nos 3

Athlete Profile



- ➔ Name: Elisabeth Rafferty
- ➔ Nickname: Beth or Mushi
- ➔ Age: 23
- ➔ Star Sign: Taurus
- ➔ Marital Status: Single
- ➔ Greatest Achievement: Moving out of home before Simon
- ➔ Influences - Inspiration: my Parents
- ➔ Ultimate Triathlon Goal: To complete an Olympic distance before the end of next season

- ➔ Favourite Food: Anything that's made with pasta
- ➔ Favourite Movie: The X-men Movies
- ➔ Favourite Team Mate: I suppose I should say Simon!
- ➔ Favourite part of Triathlon - Why? Finishing the swim leg, it means I didn't drown.
- ➔ Favourite Piece of Equipment: My wetsuit, it stops me drowning.
- ➔ Who or What makes you laugh (Triathlon related): The amount of baby oil and Vaseline used.
- ➔ Your 3 Top Dinner Party Guests: Andy Roddick, Jamie Oliver and Hugh Jackman
- ➔ Your Best Cooked Meal: Chilli Chicken Fettuccini
- ➔ Your Pet and their name: Don't have any.

Meet the Coach

An Interview with Rachel Allen

What is your sporting background prior to triathlon?

I learned to swim at age 11 and by 11 and 2 months was swimming 8 times a week, for approximately 7 years I competed at state and national level. 200 butterfly, 200 individual medley and 200 backstroke (no freestyle I was terrible at it).

I competed in cross country at school for Keilor and St. Bernard's and I competed in national cross countries. I played tennis for 7 years for OLN A reserve (worst player on the team, they put up with me...), won a premiership (I had to stay in the corner and just stay out of the way....) I can serve well, but that's about it.

I competed in my first triathlon in 1989 a Milo junior race. Placed 1st beat boys and girls and I was hooked. I also competed in school interschool athletics to state level.

How did you get involved in triathlon?

A PE teacher gave me a Milo junior pamphlet to complete. At the time I was swimming with Buddy Portier and he had a bunch of triathletes swimming at the pool at the same time.

He called them the "veggie lane" they (triathletes) looked like they had lots more fun. Doing things like double pool (which was swimming, jumping out of the pool, jumping into the smaller pool, porpoise 15m. jump out do some dips or push ups and then run up the water slide and go down. Then 10 minutes just waterslide at the end of the session, the catch they had to run..... this was every Friday morning.

Meanwhile I was doing 10 x 200 butterfly or once 76 x 50 fly on the 45 seconds... (I couldn't do the last 4). I know which one I would prefer. So when I got that pamphlet I thought it would be the way to go.

I soon realised my triathlon fate....for the time being. I used to get very nervous swimming competing and was quite hard on myself so when I competed in my first triathlon and came in first place on an old BMX (beating Peter Robertson) I was hooked. I did continue competing in swimming however slowly made the change over to triathlon.

Why coaching?

It's a long story..... **short version:** I had taught swimming since I was about 12 years old at the Essendon swimming club and continued all the way through school. Whilst at uni I worked coaching – swimming, athletics and even netball at a few schools.

I competed to an international level as a junior however by the time the world champs came along in 1995 I was really fatigued and unable to train much at all, I still competed at the World Champs in Cancun and went on an 8 week elite junior trip.

Not long after I returned home I was diagnosed with chronic fatigue syndrome, I was totally exhausted like being dead however still alive at times I couldn't even get off the floor or feed myself for at least 6-8 months, it was really bad and lasted about 3 years. I also became allergic to chlorine (chlorine poisoning was one theory).

I did sporadic training and tried to get back into consistent training or even walking or jogging. At times, in tears I would just feel like falling in the gutter and sleeping.

I did finally start to improve after much treatment and amazing support and treatment from my Mum, family and close friends (including Ollie). I began to improve, however my body just didn't recover from training sessions, so, I decided to do the next best thing and began courses in coaching and personal training.

I tried to make a come back and raced Elite in a Geelong Aust. Champs and collapsed in and out of consciousness for 30 min (I did come 5th) however realised my body wasn't going to hold up to be able to compete at an elite level.

So I changed my goals and started a triathlon squad at Windy Hill Fitness Centre and a personal training business. Ollie was studying at the time but soon joined me in the business and it continued and built up.

Long Version. To compensate for not training I found another way to get my adrenaline fix. I did some table top dancing and became an alcoholic and met Ollie but that's another story..... *only joking* but at least I got your attention.

I had some amazing experiences in triathlon during my time as junior elite and learnt an enormous amount. There was quite a lot of money put into the junior team at the time due to Triathlon being a new sport and it's introduced as an Olympic sport, so I did benefit from the junior programs and the exposure to the professional athletes.

I did have very strong goals to get to the top in the sport however, things didn't fit and fate stepped in and took me into another direction. I was very hard on myself and always pushed too hard in races, even now

I was unable to train sufficiently so I may have done some damage if I was able to continue to compete at a high level. ... that's what I am telling myself any way.

My new goals at the time: to coach, enabled me to express my passion for the sport and allowed me to give some of my experiences back to other athletes. I have been lucky enough to have trained under some of the best coaches in the country and have learned much about sport and life via their teachings (still learning and have much to learn), however I am elated to have the opportunity to be able to help people achieve their goals and get great satisfaction from seeing people happy due to personal achievement.

It's also a lot of fun and enables me to meet some fantastic people and continue to be involved in a great sport.

Who do you admire in the sporting world and why?

Michael Schumacher, Emma Carney and Brad Beven for their amazing ability, hard work and domination of their sport for such a long period of time all amazing athletes.

Greg Bennett for his persistence and commitment in the sport, whilst maintaining a humble friendly nature throughout all his success.

Loretta Harrop, for overcoming huge adversity and training and racing with huge determination, working really hard, maintaining focus for her goals and giving passion to the sport, whilst maintaining her dedication to her family and maintaining her brother Luke's memory in triathlon.

I admire any one who works to achieve a personal challenge, especially when they are a great over all good person.

What are your greatest achievements?

Life: Child birth. One and only greatest achievement. Amazing and horrific.

Triathlon: Really not sure, I had higher aspirations than I reached in triathlon, however had some amazing experiences.

Greatest challenges?

Again, Child birth, harder than any race or competition. Totally worth it though.

Followed by being married to Ollie (just kidding, you better not put that in...). *Editor's note, there's no chance of that not being published*

Sport related: Anaconda adventure race run leg with out any preparation that was tough.

Every triathlon is a huge challenge no matter the outcome, every time you go out and "try your guts out" is a great challenge to get to the finish line. I can't think of a single triathlon which has stood out as a greater challenge than the others. I have found every race a huge challenge no matter what the outcome.

Your list of achievements is quite impressive;

- Competed in 3 ITU Triathlon World Championships 1995, 2000, 2002
- Ranked in Australian top 5 Triathletes 2000 (female 25 - 29)
- 1st place - Gatorade Triathlon Series 2000 (female 25 - 29)
- 1st place - Noosa Triathlon 2002 (female 25 - 29)
- Junior elite squad 1995
- 3rd Aust Champs 1995 U23 (19 yrs)
- 4th Aust Champs 1994 U23 (18 yrs)
- Various national and state representation for cross country/ swimming

Someone sent this to me yesterday:

Triathlon flash back see :

<http://www.melbournetriclub.com/newsletters/news-2002-06.pdf>

I had ok potential just didn't eventuate.... like many. Not through lack of effort.

Fastest 40km cycle 1:01:51,
Fastest 10 km run 38.40,
Fastest 1500 swim 18:35
(just not in the same race)

Are you contemplating getting back into serious racing?

I will race / participate but how serious not sure, probably just for fun (???)

How do you manage keeping the family organised (Ollie and Amelie) and the Tri-alliance team?

I don't, Amalie is in full control and I stay up late writing programs.

What's on the horizon for Rachel Allan, your aspirations for the future?

Be a great mum.
Complete a physical challenge each year. Coach well.
Stay happy have some fun.
And Take on challenges as they appear.
Oh yeah and importantly WIN
TATTSLOTTO

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

Be your best, train smart, listen to your body and enjoy the experience.

Triathlon is a fantastic sport to be part of and enables you to achieve great personal victories, as well as inspire others; however a balance is essential to maintain longevity in the sport and a fulfilling life.

2007 Dates for the Diary!

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.

The Tradition Continues: Tri-Alliance GALA Awards Dinner



Saturday 25th August, keep this day free in your diary.

Who will win this year's awards? Nominations and more details will be published in future editions of the newsletter.

Emma Carney joins the team at Tri-alliance



Tri Alliance would like to welcome Emma Carney to the Tri Alliance Team.

Her huge contribution and achievements with triathlon will now be unleashed on the Tri Alliance team.

We look forward to her involvement. Emma will be coaching several sessions including sessions at the Tan and at Elwood.

Emma's record makes for interesting reading, amongst her many achievements are:

- World Triathlon Champion - 1994,1997
- World Number 1 - 1995,1996,1997
- World Cup Champion - 1995,1996,1997
- Worlds Fastest Olympic Distance Triathlon Time (1hr 54min 22sec)
- Australian Triathlon Champion - 1995,1997,1998
- Australian Sprint Distance Triathlon Champion - 1994,1995,1996,2000
- Australian Long Distance Champion - 2000,2001
- Australian Triathlete of the Year - 1995,2000
- Australian Duathlon Champion - 1994,1997,2001
- Triathlon Major Victories

2001

- 1st Australian Long Distance Champion, Canberra

2000

- 1st Australian Sprint Distance Champion, Wollongong
- 1st Australian Long Distance Champion, Callala
- 1st Noosa, Australia
- 1st ITU Edmonton, Canada

1999

- 1st Dubai
- 1st London, UK

1998

- 1st ITU Ishigaki, Japan
- 1st Australian Triathlon Championship, Mooloolaba
- 1st ETU Neuchatel, Switzerland
- 1st London, UK

1997

- 1st ITU World Championship, Perth, Australia
- 1st ITU Ishigaki, Japan
- 1st ITU Auckland, New Zealand
- 1st ITU Gamagori, Japan
- 1st ITU Tiszaujvaros, Hungary
- 1st ITU Hamilton, Bermuda
- 1st ITU Sydney, Australia
- 1st ETU Geneva, Switzerland
- 1st Noosa, Australia
- 1st Australian Triathlon Championship, Mooloolaba

1996

- 1st ITU Ishigaki, Japan
- 1st ITU Gamagori, Japan
- 1st ITU Paris, France
- 1st ITU Drummondville, Canada
- 1st ITU Hamilton, Bermuda
- 1st ITU Auckland, New Zealand
- 1st ITU Sydney, Australia
- 1st Australian Sprint Distance Championship, Melbourne

1995

- 1st Fiji International Triathlon, Fiji
- 1st ITU Derry, N Ireland
- 1st ITU San Sebastian, Spain
- 1st ITU Drummondville, Canada
- 1st ITU Cleveland, USA
- 1st ITU Sydney, Australia
- 1st Australian Triathlon Championship, Geelong
- 1st Australian Sprint Distance Championship, Sydney

1994

- 1st ITU World Championship, Wellington, New Zealand
- 1st Australian Sprint Distance Championship, Melbourne

Duathlon

- Australian Duathlon Champion - 1994,1997,2001

Athletics

- Australian Team Member World Cross Country Championships - 1994,1995
- Ekiden Road Relay - Korea 1993 & Japan 1993
- National U19 1500m & 3000m
- All Schools Champion

Duathlon Dates 2007

1 July 2007 Victorian Championship - Phillip Island - 11.00am start

29 July 2007 Knox - 8.00am

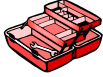
19 August 2007 Somers - 9.00am

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
www.ais.org.au/nutrition ©
 Australian Sports Commission 2004
 Acknowledgement: Lorraine Cullen

Iron – are you getting enough?

Why is iron important?

Iron is required for a number of key functions in the body:

- Iron is an important component of haemoglobin and myoglobin. Haemoglobin transports oxygen in the blood. Myoglobin transports oxygen in the muscles.
- Iron is involved in the electron transport system. This system controls the release of energy from cells.
- Iron is required for red blood cell production.
- Iron is required for a healthy immune system

Inadequate iron in the body can impair aerobic metabolism by decreasing the delivery of oxygen to tissues and reducing the capacity of muscles to use oxygen for the oxidative production of energy.

Where does iron come from?

The body is unable to manufacture iron therefore the body's iron needs must be fully supplied by the food we eat. Although iron is widely distributed in foods, some sources are better absorbed than others. The best sources of iron are foods with a high iron content and high iron bioavailability (i.e. are well absorbed).

Iron absorption is best (15-18%) from foods that contain **haem iron**. Red meat, seafood and poultry are the best sources of haem iron.

Iron absorption from foods that contain **non-haem** iron is much lower (<5%). Non-haem iron is predominantly found in plant foods such as cereals, vegetables, legumes and nuts. The absorption of non-haem iron can be improved by combining sources of haem iron with non-haem iron. Including vitamin C-rich foods with meals (e.g. juice or fruit with breakfast, capsicum in a stirfry, salad or fruit with a sandwich) also enhances absorption of non-haem iron.

Some substances in food inhibit the absorption of iron. Excessive intakes of tea, coffee and bran have an inhibitory effect. Consumption of these foods may need to be modified when iron status is poor. Major contributors of iron in the Australian diet are meat, fish, poultry, iron-enriched breakfast cereal and bread. Dried fruit, sweet corn, green leafy vegetables including broccoli, silver beet, spinach and Chinese green vegetables are other good sources of iron.

Haem Iron		
Food	Serve	mg Iron
Liver	100 g cooked	11.0
Liver pate	40 g (2 Tbsp)	2.0-3.0
Beef	100g cooked	4.0
Chicken	100g cooked	1.2
Fish	100 g cooked	0.6-1.4
Oysters	100g	3.9
Salmon	100g	1.5

Non-haem Iron		
Food	Serve	mg Iron
Eggs	100 g (2)	2.0
Breakfast cereal (fortified)	30 g (1 cup)	2.5
Wholemeal bread	60g (2 slices)	1.4
Spinach	145g cooked	4.4
Lentils/kidney beans	100 g cooked	2.5
Tofu	100g	1.9
Sultanas	50g	0.9
Dried apricots	50 g	2.0
Almonds	50 g	2.1

Source: Burke L, Complete Guide to Food for Sports Performance, Allen and Unwin, 1995

How much iron do I need?

The following table provides the Recommended Dietary Intake (RDI) for iron in Australia:

	Males	Females
8-11 years	6-8 mg/day	6-8 mg/day
12-18 years	10-13 mg/day	10-13 mg/day
adults	7 mg/day	12-16 mg/day (menstruating) 5-7 mg/day (non-menstruating)
pregnant		+10-20 mg/day

Specific iron requirements for athletes participating in different sports are currently unknown.

Endurance athletes (particularly runners) are thought to have the highest requirements due to high iron losses. Some studies recommend iron intakes of 17.5mg/day for male distance runners and 23 mg/day for normally menstruating female distance runners. These intakes are particularly high and may not be achievable especially for females with lower energy intakes.

Are athletes more at risk?

Athletes have a high risk of iron depletion for several reasons:

- High requirements
Increased red blood cell mass means athletes have higher iron needs. Needs are particularly high during times of growth.
- Increased losses
Iron is lost in the sweat. Athletes with high sweat losses have higher iron losses. Iron can be lost through gastrointestinal bleeding. Gastrointestinal bleeding commonly occurs during strenuous exercise due to minor damage to the stomach and intestinal lining.

Some gastrointestinal blood loss can be caused by the habitual use of anti-inflammatory drugs.

Mechanical trauma such as foot strike haemolysis (repeated pounding of the feet on hard surfaces) can destroy red blood cells during activities such as running.

- o **Dietary Issues**

Iron intake is often sub-optimal in athletes with restricted food intakes:

Trying to survive on low kilojoule intakes (below 8 300 kj, 2000 cal) in an attempt to minimise body weight

Poorly balanced vegetarian diets

Avoidance of meat, chicken or fish in an effort to enhance carbohydrate intake or in the mistaken belief that it is fattening

High reliance on snack and convenience foods and failure to consume regular meals

Avoidance of commercially fortified foods such as breakfast cereals

How will I know if I have a problem?

Iron depletion is a continuous process that ultimately results in iron deficiency anaemia if untreated. Iron deficiency anaemia is a condition where iron is depleted to such an extent that the manufacture of haemoglobin and red blood cells is limited.

It is associated with symptoms such as fatigue, weakness, breathlessness, and impaired aerobic capacity. It is easy to confuse many of these symptoms with conditions such as the flu, overtraining or 'being run-down'.

One-off blood tests are difficult to interpret when it comes to iron status.

Correct diagnosis requires an assessment of habitual dietary intake, clinical symptoms and ongoing monitoring of blood levels.

A number of factors are usually taken into account when assessing iron status. These include serum iron, ferritin, transferrin, transferrin saturation, haemoglobin and full blood count.

A skilled practitioner is needed to accurately assess iron status. Many athletes have routine blood monitoring to assess iron status.

Iron depleted athletes can quickly develop iron deficiency anaemia if not detected early. Regular monitoring allows the sports physician to keep track of individual changes and trends.

What is sports anaemia?

Iron status is difficult to assess, particularly from one-off blood measurements. Hard exercise results in an increase in the volume of plasma in the blood. This can dilute haemoglobin levels and incorrectly suggest that there is a problem with iron status.

This condition is known as 'sports anaemia'. It is most likely to occur in the early stages of a training program or when training load is increased. Sports anaemia does not need treatment. It is usually transitory and is unlikely to affect performance.

How is iron deficiency treated?

Iron supplementation is needed to recover depleted iron stores and an iron-rich diet is needed to maintain the increase in iron stores. Typically, supplementation involves 100-300 mg of iron per day in conjunction with vitamin C to enhance absorption.

Full recovery is slow and can take as long as 3 months. Blood levels should be reviewed after 10-12

weeks and supplementation ceased when measurements return to usual ranges.

A diet rich in iron is needed to prevent iron depletion reoccurring. A dietitian can provide specific feedback.

However, the following tips will help:

- o Choose breakfast cereals that contain added iron.
- o Consume red meat such as beef, lamb or kangaroo 3-4 times each week. Small amounts (80-100 g) are sufficient.

Think about creative ways to consume meat such as in sandwiches, stirfries and soups if you find it difficult to eat large chunks of meat.

Shellfish, canned fish and poultry are also useful sources of iron.

Add vitamin C-rich foods (fruit, juice, capsicum, broccoli, cabbage, cauliflower) to meals to enhance the absorption of iron.

For vegetarian meals, choose iron-rich foods such as legumes and add vitamin C-rich foods to enhance the absorption of non-haem iron

Avoid or limit intake of iron inhibitors such as bran and wheat germ.

Avoid drinking strong tea and coffee with meals. It is OK between meals but not with meals.

Should I take an iron supplement?

It is extremely difficult to correct iron deficiency anaemia solely with an iron-rich diet.

Supplementation (under the guidance of your medical practitioner) is usually required to treat a diagnosed iron deficiency.

Often athletes experiencing symptoms such as fatigue or lethargy turn to iron supplements to correct or prevent the problem.

Currently, there is little evidence to indicate that iron supplementation improves aerobic capacity in athletes with depleted iron stores, who do not have anaemia.

Further research is needed before iron supplementation is recommended for athletes without clinically diagnosed iron deficiency anaemia.

Regular, inappropriate use of iron supplements can interfere with zinc and copper absorption and may have negative effects on the immune system.

Iron supplements should not be taken without medical advice.

A small percentage of the population has a condition called haemochromatosis. In this condition, iron accumulates in tissues causing damage and disease.

Haemochromatosis often goes undiagnosed for many years. Iron supplementation is dangerous for people with haemochromatosis.

Some athletes have been known to have iron injections in order to rapidly increase iron stores.

Research indicates performance is not improved by iron injections.

There is a risk that anaphylactic shock can occur with iron injections. This can be fatal.

Written by the Department of Sports Nutrition, AIS
www.ais.org.au/nutrition ©
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 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.

NOOSA ACCOMMODATION RUNNING OUT THIS WEEK.

Hello everyone,

I have now booked a total of 8 rooms at the BreakFree Noosa French Quarter Resort on Hastings Street.

There are a few spaces left in some of these rooms (which include the use of sofa or rollaway beds).

If there are any of you umming and ahhing about whether or not to do Noosa, all I can say is that you had better make up your mind ASAP as I cannot be guaranteed any more rooms. The resort is almost full and I know that many of the other places in Noosa are full, so this could be your only chance to get on board (unless you want to stay somewhere out of Noosa).

So, if you do want to come, get onto me **ASAP** with your **\$50 non-refundable deposit per person**.

Please email me on hayley.frodsham@symbionhealth.com and I can let you know my account details.

Once these rooms are full and we can't book any other accommodation at the French Quarter and you want to come, you will need to look for your own accommodation.

Thanks,
Hayley

This month's song lyrics

(With apologies to Tina Turner)

The lights are on but you're not home,
your mind is not your own
Your body sweats your body shakes
A Carbon Bike is what it takes

You can't eat, you can't sleep,
there's no doubt you're in deep
Your throat is tight you can't breathe
A Carbon Bike is all you need

Oh you like to think that you're immune to the stuff oh yeah. It's closer to the truth, you know you're gonna have to face it,

You're addicted and in love

You might as well face it,

You're addicted and in love

You see the signs but you can't read
You're running at a different speed
Your heart beats at double time
A Carbon Bike and you'll be mine
one track mind

You can't be saved a carbon bike is all you crave and if the sun left you, you don't mind it feels blue

Oh you like to think that you're immune to the stuff oh yeah. It's closer to the truth, you know you're gonna have to face it,

You're addicted and in love

Gonna have to face it you're addicted and in love

Might as well face it you're addicted and in love [4]

Might as well face it [3]

Might as well face it you're addicted and in love

A carbon bike is all you crave [fade]



Ask Zoolander

Over the past twelve months we have addressed many issues, the tan, the photo and hydration.

So it's time for Zoolander to get light hearted, yes hard to believe I know after all the serious topics we have covered, so what is there to get light hearted about.

Well, I wanted to take the time to look at what is achievement and reflect on what is success.

Obviously the perfect tan, the perfect photo and quality post race hydration are keys to success.

However, success is measured in many ways and sometimes we forget just how successful we have been because we become far too absorbed in the next event, race or somebody else's achievement.

Sometimes it's time to take stock, bend down and smell the roses. So here are some really special moments to reflect on:

- Completing your first Gatorade series
- Your first Podium finish
- A series Podium finish
- Qualifying for the Worlds
- Finishing your first Olympic Distance
- Running a PB
- Winning your Age Group
- Your first Half Ironman
- Your first Ironman
- Finishing
- Your first race
- Surviving the swim
- The first time you rode the wall
- Your first trip to Mordialloc and back
- Your first Marathon
- Your first Half Marathon

Every one of these really special moments belongs to a Tri-Alliance team member.

Yours in triathlon.

Regards
Zoolander

Around the Traps with Shirly

Apparently unfazed by just having completed a half iron man, or by their apparent 40 something dress sense, or the awesome setting behind them, the boys manage to strike a casual Clooney-esque pose that redefines blue steel.



Zoolander gives his seal of approval for this outstanding pose.

Buy, Swap and Sell

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



Cooking with Rohan

Grilled Fish: Herb Sauce

Lime marinade; 1 table spoon rice vinegar, grated fresh ginger, lime or lemon marmalade – mix altogether and paste over fish, cover and leave in fridge overnight.

Pan fry or grill fish basting with mixture as it cooks.

Herb Sauce:

Half a cup 140 low fat yoghurt freshly chopped mint, freshly chopped dill combine and spoon over fish, serve on or with salad.

Emma Carney's Bike Safety and Ethics.

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 uphills rather than downhills

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