



# TRIATHLON TALES – Tri-Alliance Newsletter

## February Edition

Volume 2, Nos 2

### 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 Bob Kelly*

#### What is your sporting background?

Junior national tennis (doubles), Squash (state), Cricket and footy local and under 19's try outs from the best one eyed team?

Surfing junior national missed the cut in QLD (not enough wins) Karate international B team, Australia National Age group Triathlon competitor at 4 world championships (20th in world best result).

Cycling -National and State Masters competition and place getter.

Tried everything found I was good at most expert in none a "Jack of all Trades."

#### Is cycling your number one?

I like it in terms of coaching and riding and that it is on a bigger world stage than most (Europe and USA) sports

#### How did you get involved in triathlon?

As a result of a bet in 1988 to see who could finish with zero training.

## Why coaching?

I like making a difference to people as a whole, some coaches just look at performance, I look at the athlete as a person made up of many parts, some are nothing to do with strength, speed or skill, that will make them go faster (mind emotions and experience)

## Who do you admire in the sporting world and why?

Jarrod and Ollie, how do those boys survive?

No really Gilchrist for walking, my wife for being to old to ride, only winning one Australian title, too tall, no junior back ground in cycling, will never make it passed state level.

Well done Helen on your last 2 world championships representation for Australia in the elites, never say never folks.

## What are your greatest achievements?

Being smart enough to say yes when Helen asked me too!

Nearly being 50 and still being in the mix when it comes to sport and life.

## Your Greatest challenges?

Spending all the money I am not making! Working both here and in NSW but with Claudio's help here we will get it done.

## You often compete in the teams event in the Gatorade Series, will we see Bob Kelly in the individual event?

I have spent 14years in individual triathlon from Gatorade, Selection racing for the national team and four world championships, to be honest been there done that. I only do teams because I need coffee money for watching athletes.

## What's on the horizon for Bob Kelly, your aspirations for the future?

After the good lady wife stops riding after Beijing selection, I think I will go to Ironman because the distance suits me and its new ground for me.

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

Have fun with sport, life, work, relationship try not to take it all to seriously.

I spent 30 years looking for a sport I was the best at. Now I know I am a jack of all master of none (gotta live with that)

## Athlete Profile



→ Name: Richard Brown

→ Nickname: Dick / Dicko

→ Age: 42

→ Star Sign: Taurus

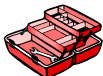
→ Marital Status: Wife Donna and 2 boofheads Lachlan & Campbell

- Greatest Achievement: Too many to recite; besides I don't brag.
- Influences - Inspiration: John Maclean (that's who got me into the sport), my brother Anthony.
- Ultimate Triathlon Goal: The big one, possibly Busselton Dec 2007 as a member of the John Maclean Foundation.
- Favourite Food: I eat just about anything
- Favourite Movie: Blame it on Rio
- Favourite Team Mate: Scotty because I can't believe how committed she is ...its scares me!
- Favourite part of Triathlon - Why? The after party - you should know that!!
- Favourite Piece of Equipment: That's too private!
- Who or What makes you laugh (Triathlon related): Greg Nugent (the Zoolander) because he is so organised in every aspect it makes me laugh ...I feel for you Brenda.
- Your 3 Top Dinner Party Guests: I always had a thing for Jacqueline Bisset so she's in, my favourite actor Michael Caine and Adolf Hitler just to ask him what the F ..was he thinking?

➔ Your Best Cooked Meal Ravioli Bolognese...but it must have the really good Italian sauce

➔ Your Pet and their name Bear / Labrador also known as fighting Harada following an incident with a few from the group just before xmas.

## The Triathlete's Toolkit



Written by the Department of Sports Nutrition, AIS  
[www.ais.org.au/nutrition](http://www.ais.org.au/nutrition) ©  
Australian Sports Commission 2004

## Are lollies at the cutting edge?

Here's a topic designed to create heated debate among coaches. Should lollies be considered a good post-training or post-competition recovery food?

Some people are supportive. After all, lollies provide a source of carbohydrate that is easily eaten and loved by all. Therefore, we can safely assume that lollies provide a practical choice that will ensure the guidelines to refuel after exercise are met. Some sports dietitians even make up individualised 'recovery bags' for their athletes based on lollies - so this must mean that they are a good post-exercise snack, right?

However, other people are ardent opponents of this practice. They think that lollies are made from sugar, which is a toxic and dangerous substance. They argue that eating lollies causes an insulin burst, followed by a rapid drop in insulin levels and a sugar craving - a vicious eating cycle. So, who is right?

## What are the priorities for recovery nutrition?

Recovery is a challenge for athletes who are undertaking two or more sessions each day, training for prolonged periods, or competing in a program that involves multiple events.

Between each work-out, the body needs to adapt to the physiological stress.

In the training situation, with correct planning of the workload and the recovery time, adaptation allows the body to become fitter, stronger and faster.

In the competition scenario, however, there may be less control over the work-to-recovery ration. A simpler but more realistic goal may be to start all events in the best shape possible.

Recovery encompasses a complex range of process that includes:

- restoring the muscles and liver with expended fuel
- replacing the fluid and electrolytes lost in sweat
- allowing the immune system to handle the damage and challenges caused by the exercise bout
- manufacturing new muscle protein, red blood cells and other cellular components as part of the repair and adaptation process.

The importance of each of these goals varies according to the workout - for example, how much fuel was utilised? Was muscle damage caused? Did the athlete lose much sweat? Was a stimulus presented to increase muscle protein?

A pro-active recovery means providing the body with all the nutrients it needs, in a speedy and practical manner, to optimise the desired processes following each session.

State-of-the-art guidelines for each of the following issues are presented below:

### Refueling

The muscle can restore its fuel (glycogen) levels by about 5 per cent per hour, provided that enough carbohydrate is eaten. Depending on the fuel cost of the training schedule and the need to fuel up to race, a serious athlete may need to consume 6-10g pf carbohydrate per kg body weight each day (300 -700g per day).

If the time between prolonged training sessions is less than 8hrs, it makes sense to use all of this period for effective refueling. To kick-start this process an intake of at least 1g/kg of carbohydrate - 50-100g for most athletes - is needed.

This has lead to the advice that athletes should consume carbohydrate - either their next meal, or at least a snack - as soon as possible after an exhausting workout, to prepare for the next.

### Rehydration

Most athletes finish training or competition sessions with some level of fluid deficit. In hot conditions or after strenuous sessions, fluid losses are usually large and require a focused effort to rehydrate after the workout. In this case, comparing pre- and post-session measurements of body weight can provide an approximation of the overall fluid deficit.

Athletes may need to replace 150 per cent of the fluid deficit to get back to baseline - for example, if you are 2kg lighter (2 litres lighter) at the end of the session, you will need to drink 3 litres of fluid over the next hours to fully replace the existing and ongoing fluid losses.

## **Immune System**

In general, the immune system is suppressed by intensive training, with many parameters being reduced or disturbed during the hours following a work-out. This may place athletes at risk of succumbing to an infectious illness during this time. Many nutrients or dietary factors have been proposed as an aid to the immune system - for example, vitamins C and E, glutamine, zinc and Echinacea - but none of these have proved to provide universal protection.

The most recent evidence points to carbohydrate as one of the most promising nutritional immune protectors. Consuming carbohydrate during and/or after a prolonged or high-intensity work-out has been shown to reduce the disturbance to immune system markers.

Carbohydrate intake may be beneficial for a number of reasons. For example, it reduces the stress hormone response to exercise thus minimising its effect on the immune system. It also supplies glucose to fuel the activity of many of the immune system white cells.

## **Muscle Repair and Building**

Prolonged and high-intensity exercise causes a substantial breakdown of muscle protein. During the recovery phase there is a reduction in catabolic (breakdown) processes and a gradual increase in anabolic (building) processes.

Recent research has shown that early intake of essential amino acids from good quality protein foods helps to promote the increase in protein rebuilding. In fact, protein consumed immediately after, or in the case of resistance training workouts, immediately before the session, is taken up more effectively by the muscle into rebuilding processes, than protein consumed in the hours afterwards.

However, the protein needs to be consumed with carbohydrate foods to maximise this effect.

Carbohydrate intake stimulates an insulin response, which potentiates the increase in protein uptake and rebuilding.

## **How does recovery eating fit into the big picture of nutrition goals?**

For the athlete who is undertaking two or more training sessions each day, eating for recovery plays a substantial role in the daily food schedule and in total nutrient uptake.

Either meals (which generally supply all the nutrients needed for recovery) must be timetabled so that they can be eaten straight after the work-out, or special recovery snacks must be slotted in to cover nutrient needs until the next meal can be eaten. These recovery snacks then need to be counted towards total daily intake.

For athletes who have high-energy needs, these snacks add a useful contribution towards the total day's kilojoule needs. When there is a large kilojoule budget to play with, it may not matter too much if the snacks only look after the key recovery nutrients - for example carbohydrate - or contain extra kilojoules from fat.

On the other hand, for the athlete whose skinfold goals require a careful attitude to kilojoule intake, recovery snacks may need to be low in fat, and count towards meeting daily needs for vitamins, minerals and other nutrients.

Snacks that can supply special needs for calcium, iron or other nutrients may double up as recovery snacks and good overall choices.

## **What are the practical considerations for recovery eating?**

Some athletes finish sessions with a good appetite, so most foods are appealing to eat. On the other hand, a fatigued athlete may only feel like eating something that is compact and easy to chew.

When snacks need to be kept or eaten at the training venue itself, foods and drinks that require minimal storage and preparation are useful.

At other times, valuable features of recovery foods include being portable and able to travel interstate or overseas without penalties from customs officials, being individually packaged and sealed for the benefit of lengthy nights of drug testing, or being labeled with nutritional information so that the athlete can check how much they need to consume to meet their recovery goals.

Situations and challenges in sport change from day to day, and between athletes - so recovery snacks need to be carefully chosen to meet these needs.

## **What is the bottom line for lollies?**

For occasions or individual athletes, who want an easily consumed source of simple carbohydrates, lollies are a suitable choice.

Like many other carbohydrate foods, lollies will help in meeting refueling goals. However, lollies do not provide protein, fluid or other nutrients that could be important in other recovery processes.

Therefore, other recovery snacks should be eaten in addition to, or instead of, lollies to fulfill the complete recovery picture.

Many coaches complain that athletes don't stop at the 60g of lollies that might be needed to kick-start glycogen synthesis after a work-out or event - in fact, lollies often come in jumbo family size packs of 500g or more, and are likely to be consumed in excess.

The bottom line is that each athlete needs to judge their recovery needs and plan an eating pattern that fits their total package.

The following table provides ideas for snacks providing carbohydrate, as well as carbohydrate-protein combinations.

### **Carbohydrate-rich recovery snacks**

(50g CHO portions)  
700-800ml sports drink  
2 sports gels  
500ml fruit juice or soft drink  
300ml carbohydrate loader drink  
60-70g packet jelly beans or jubes  
2 slices toast/bread with jam or honey or banana topping  
1 large chocolate bar (80g)  
2 cereal bars  
1 cup thick vegetable soup + large bread roll  
115g (1 large or 2 small) American muffins, fruit buns or scones  
300g creamed rice  
300g (large) baked potato with salsa filling  
100g pancakes (2 stack) + 30g syrup

### **Nutritious carbohydrate-protein recovery snacks (contain 50g CHO + valuable source of protein and micronutrients)**

250-300ml liquid meal supplement  
250-300ml milk shake or fruit smoothie  
1-2 sports bars (check labels for carbohydrate and protein content)  
1 large bowl (2 cups) breakfast cereal with milk  
1 large or 2 small cereal bars + 200g carton fruit-flavoured yoghurt  
220g baked beans on 2 slices of toast  
1 bread roll with cheese/meat filling + large banana  
300g (bowl) fruit salad with 200g fruit-flavoured yoghurt  
2 crumpets with thick spread peanut butter + 200ml flavoured milk  
300g (large) baked potato + cottage cheese filling + glass of milk  
200g (1/3 -1/4 pizza) with chicken/meat and vegetables

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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 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 2<sup>nd</sup> 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 22<sup>nd</sup> – Sunday 28<sup>th</sup> 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 26<sup>th</sup> March**

Mad Monday – details to be announced shortly.

### **Sunday April 2<sup>nd</sup>**

Local Triathlon Season Finishes

### **Friday April 6<sup>th</sup>**

Tri-alliance Geelong / End of Season Party

### **Friday June 8<sup>th</sup> – Mon 11<sup>th</sup>**

Lorne Training Camp / Details T.B.C

### **Sunday August 19<sup>th</sup>**

Yeppoon Half Ironman

### **Sunday September 30<sup>th</sup>**

Gold Coast Half Ironman

### **Monday October 22<sup>nd</sup> – Sunday October 28<sup>th</sup>**

Halls Gap Training / Details T.B.C

### **Sunday November 4<sup>th</sup>**

Noosa Triathlon

### **Sunday December 2<sup>nd</sup>**

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**

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

# This month's song lyrics

*(With apologies to Dobie Gray)*

Day after day I'm more confused  
Yet I look for the light, though I have to train  
You know that's a game that I hate to lose  
And I'm feeling the strain  
Ain't it a shame

Ollie, give me the beat, boys, and free my soul  
I don't want to get lost in the triathlon hole  
And drift away  
[repeat]

Beginning to think that I'm wasting time  
I don't understand the things I do  
The tan track outside looks so unkind  
Now I'm counting on you  
To carry me through

Ollie, give me the beat, boys, and free my soul  
I don't want to get lost in the triathlon hole  
And drift away  
[repeat]

And when my mind is free  
You know a melody can move me  
And when I'm feeling blue  
The training's coming through to soothe me

Thanks for the pain that you're given me  
I want you to know I believe in your song  
Your rhythm and rhymes and encouragement  
You've helped me along  
Makin' me strong

Ollie, give me the beat, boy, and free my soul  
I don't want to get lost in the triathlon hole  
And train away  
[repeat]



# Ask Zoolander

With the triathlon season fast approaching its end, we need to turn our heads towards the end of season party.

Like any good triathlete planning is of paramount importance for the big night out.

Some have suggested a strong disciplined training regime that enhances your capacity to absorb alcohol and stay lucid for the entire evening. I say bollocks.

We train hard and now it's time to play hard. My motto – "Go Hard, then Go Home"

Hydration is of paramount importance so, every vodka should be accompanied by a quality mixer. Cranberry is high in Vitamin C and low on Carbs. Orange Juice is similar although contains a few more carbs.

It's obligatory to indulge in some high calibre fatty foods.

Remember, preparation and of course if you are drinking, then don't drive and look after yourself.

Yours in triathlon.

Regards  
Zoolander

# Around the Traps with Shirl

Probably a bit late, but better late than never, congratulations to Ben Kirby and Hayley Frodsham on their recent engagement.

They tell me Ben was very romantic, dropping down on one knee and proposing on their newly laid foundation of the family home at Point Cook.

# Buy, Swap and Sell

**For Sale** - Well – here's a bargain if I have ever seen one. Shaun is selling his old steed for a new steed and has asked me to forward this around for all interested punters.

Specs are as follows:

- Wilier Gladio (size large – 54.5 cm top tube) about 18 months old
- Has a full carbon rear end and full carbon fork and seat post
- 2007 Campag Chorus Groupset only a few months old. (172.5 mm cranks, 11-23 cassette)
- Deda Newton bars with anatomic drops (width - 42 cm centre to centre)
- Deda Newton stem (length - 120 mm)
- Zipp 404 wheelset (tubular, tyres are in good nick and only used for racing)
- Selle Italia SLR saddle

I am selling it for \$5,000 as is. Full retail cost of this bike is over \$10,000, so it's a bargain. The bike has been looked after very well .

If anyone is keen give me a call, or if anyone knows of anyone looking for a great bike, then tell them to give me a call.

Shaun Gilbert – (0409 002 919)

## Wheels for Sale :

CORIMA race wheels - They are carbon 50mm dish wheels in as new condition. I used them for about 12 months, sprint and Olympic racing only so they haven't done many kilometres. They have good quality singles on them which are in great condition.

If anyone is keen just email me as the wheels are currently in Melbourne so I can organise for you to have a test drive if you want. Open to all offers.

Cheers Tam  
tamekaday@optusnet.com.au

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