



## Xposure Tri-alliance Newsletter

HI EVERYONE AND WELCOME TO YOUR FIRST OFFICIAL SOCIAL NEWSLETTER. JUST WANTED TO UPDATE YOU ON YOUR CREW AND GIVE YOU SOME CONFIDENCE THAT YOUR SOCIAL TRAINING WILL BE SAFELY TAKEN CARE OF.....



**TAMEKA 'TAMO, TAM' DAY**  
Known for her talent in the areas of belching and farting



**ALETHE 'WESTY' WEST**  
Known for her skeletal form and noisy demeanour



**GREGORY 'SWERVIN' MERVIN**  
Known for footy pursuits and being anxious to get in the ton (100km ride)



**JUSTIN 'ARAB' ABRAMS**  
Known for being largely unknown in the squad (soon to be rectified)



# SOCIAL EVENT



**SATURDAY 20th MAY**

**GEELONG vs COLLINGWOOD - MCG 7.10pm**

Hi guys, our first official social club excursion this year is a trip to the footy at the 'G'. The game is the Round 8 blockbuster between Geelong and Collingwood. This should be a great game! The atmosphere will be awesome and for a lot of us it will be our first chance to check out the new improved stadium. Just remember that it could be a cold night so bring appropriate clothing. On our return to Geelong we can head out for a couple if we so desire.

Details of the night are listed below:

**Event: Geelong vs Collingwood (Saturday 20th May at 7.10pm)**

**Where: MCG (night game)**

**Travel: Meet at Geelong Train Station at 4.15pm to catch the 4.35pm to Melbourne.**

**Return trains will leave from Richmond station after the game.**

**Cost: Game entry approx. \$19.00 and return train ticket approx. \$20**

**Food: Purchasing food at the footy is fairly expensive, so bring something to eat and drink with you, if you like. I know I will be.**

If you have any questions please give me a call on **0408 108 463** or email me at [gmervin@stlaurence.org.au](mailto:gmervin@stlaurence.org.au)

*See you there - Swerv*

## UPCOMING SOCIAL EVENTS

• Golf Day • Caulfield Races • Dinner Dates • Movie Nights • Sorrento Trip • Bowling

For any suggestions please contact Tameka at email: [tamekaday@optusnet.com.au](mailto:tamekaday@optusnet.com.au)

## Athlete Profile



### /// Name:

Justin Abrams

### /// Nickname:

Arab or Jusi

### /// Age:

32 years

### /// Marital Status:

Married to Ange and have son Lachie

### /// Greatest Achievement:

JLW Challenge

(Mt Buller to Melbourne - Run / Kyak / Cycle)

Also winning 3 football premierships for

North Ballarat

### /// Influences - Inspiration:

Self motivated to achieve my goals

### /// Ultimate Triathlon Goal:

Busselton Ironman in December and one day

would love to qualify for Port Maquarie and Hawaii

### /// Favourite Food:

Thai and also love the old bangers and mash

### /// Favourite Team Mate:

Yet to be decided - depends who can drink beer

and loves footy, chicks and laughing

### /// Favourite part of Triathlon - why:

Love the social side of training, travel, working

hard and the pride in achieving your goals

## Dear Westy

### /// Question:

I suffer from a lot of pain in my Achilles tendon. Not only when running but also walking. Can you suggest a way that I can relieve this pain? *Thanks Greg*

### /// Answer:

DEAR GREG,

Achilles tendonitis causes inflammation and degeneration of the achilles tendon. The pain caused by achilles tendonitis can develop gradually without a history of trauma (overuse), and basically should not be left untreated due to the danger that the tendon can become weak and ruptured.

Achilles Tendonitis is a difficult injury to treat in athletes due to their high level of activity and reluctance to stop or slow down their training (Not applicable to you Merv ). Individuals who suffer from achilles tendonitis often complain that their first steps out of bed in the morning are extremely painful (Merv reported increased symptoms of this type on a Sunday morning). Another common complaint is pain after steps are taken after long periods of sitting. Pain often lessens with activity.

One of the most common causes of AT is over-pronation (rolling inwards). The arch collapses upon weight bearing, causing added stress on the AT. Other factors are improper shoe selection (Merv stilletos don't really provide enough support), poor biomechanics, inadequate stretching and calf tightness, a short achilles tendon, and direct trauma (injury).

#### **My advice for you would be:**

- Rest from, or modify aggravating activities. (ie: shorter runs, on soft surfaces) Depending on your irritability
- Icing before / after activity
- Taping
- Friction massage of the achilles tendon
- Calf stretching and strengthening
- Ensure correct and supportive footwear
- Consider your need for an orthotic advice (orthotic, heel cup, heel cradle)

*In concluision Merv, you don't do enough hard work to get an overuse injury. I suspect you have a UDI sustained in the early hours of Monday 17th April. Advice for pain – consume more alcoholic beverage, down a few panadol and don't be soft. Train more and you will start to experience REAL PAIN.*

For all your health and well-being questions send to: [alethew@hotmail.com](mailto:alethew@hotmail.com)

## Scuttlebutt

### /// Party Review

- Merv dropping down on one knee to Alicia Evans to be given a big NO!
- Westy trying hard all night with Mr. I don't kiss in public.
- Marksy winning the bet for guessing Cam Simons would flash his abs within 2 hours of party kick off.

### /// Party PDA Awards

- Jacinta O'Neil at George and Dragon
- Todd and Lynne at George and Dragon  
Todd and Lynne at Bended Elbow  
Todd and Lynne at Lambys  
Todd and Lynne at Cnr of Moorabool and Myers Street

### /// Fashion Faux Pas

- Kane Airey for extra safe yellow jacket
- Laney for wearing jocks under bike knicks
- Mal for going back to the toilets to get Laney's jocks after she took them off.

### /// Bonehead of the month

- Jarrod Evans for not listening to his own instructions and making up his own run course at Australian Championships!

## Upcoming Races

/// **06 May** - Best of luck to Pas, Sonya and Robyn who are all tackling the Bussleton Half Ironman.

/// **21 May** - Great Ocean Road Marathon: Tiff Ainsworth, Cherie and John McPh.....Go get em'

/// **18 June** - The next race for most is now the first Duathlon in Melbourne on the 18th June.

## Classifieds For Sale

/// Brand new female SkinFit race suit. Size - small.

Call Alicia Evans 0402 910 335