

MELBOURNE TALES – Tri-Alliance Newsletter

Volume 1, Nos 2

Athlete Profile



(Ben Kirby – that's me on the Right)

- ➔ Name: Ben Kirby
- ➔ Nickname: Kirbs
- ➔ Age: 29
- ➔ Star Sign: Libra
- ➔ Marital Status: Pure Agony
- ➔ Greatest Achievement: Touching my toes
- ➔ Influences - Inspiration: Martha Stuart
- ➔ Ultimate Triathlon Goal: To never do one
- ➔ Favourite Food: KFC
- ➔ Favourite Team Mate: Without a doubt ME, MYSELF and I
- ➔ Favourite part of Triathlon - Why? Not competing
- ➔ Favourite Piece of Equipment: I have two, my 20 inch guns and the advertising space available across my buttocks
- ➔ Favourite Movie: Me, myself and I

- ➔ Who or What makes you laugh (Triathlon related): My own jokes
- ➔ Your 3 Top Dinner Party Guests Megan Gale, Simon and Gav
- ➔ Your Best Cooked Meal - Spaghetti Bolognaise
- ➔ Your Pet and their name Dog/Nala

This Month's Special Offer

M 1200 Race Line Goggles

Currently ON SPECIAL!

Used by professional Triathlete's and national level swimmers.



- Mirror Coated (Don't be blinded by the sun and loose site of that turning marker!)

Price: \$17.95



Ask Zoolander

Dear Zoolander,

With the colder months fast approaching and a distinct lack of sunshine, I'm concerned I will lose my tan over the winter months

Signed Fading Fast

Dear Fading Fast,

Never fear, there are several alternatives available to you to keep that summer glow over winter.

There are several self tanning products on the market

Loofah/exfoliation is essential prior to any use of ST products.

Surprisingly this is the best time of year to get a bargain at your local Solarium, you need to remember to adopt the rotisserie approach whilst using the flat bed, otherwise you finish with the tell tale triangle

Of course our ultimate aim is to be in tip top condition for the Spring Carnival and the first race of the Season on November 19th.

Regards
Zoolander



Ask Ollie

Dear Ollie,

What should I bring to a long ride?

A long ride is there to help build endurance into the muscles at a lower intensity than if you were to do a shorter intensity ride. It will train your muscles to last longer.

Long rides are exactly that, usually about 60 min plus for a beginner and up to 5 or 6 hours for the experienced long distance triathlete.

This means pack the goods before you leave.

Tube or two,

Levers to remove a tyre from the rim,

Your own personal pump,

Fluids, 1 bottle for a short ride, 2 for a longer ride or in the heat.

Maybe consider experimenting with different fluids/electrolytes as some may disagree with you.

Food, either supplement bars, lollies but not on their own, bananas if you can find one, or gels to experiment with.

Wear the right gear for the ride, appropriate to the weather, length of the ride and what you are comfortable with.

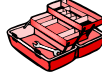
Don't forget the sunscreen on a sunny day it works.

Upcoming Races

Duathlon Series

9th July Phillip Island
5km/20km/3km + 2km/10km/1km

The Triathlete's Toolkit



THE DRAFTING RULE

Drafting off another bicycle, motorcycle (eg technical official) or motor vehicle is forbidden.

To avoid drafting, competitors must take all reasonable steps to avoid the "draft zone" of their bicycle overlapping with the draft zone of other bicycles, motorcycles or vehicles on the course.

The size of the draft zone varies depending on whether the vehicle concerned is a bicycle/motorcycle or a vehicle.

The rules have some deeming provisions, to provide certainty as to what constitutes "taking all reasonable steps" to avoid overlapping of draft zones.

Draft zone of a bicycle and motorcycle

The draft zone of a bicycle (including the competitor's own bicycle) is a rectangle 7 metres long and 3 metres wide. The rectangle trails 7 metres back from the leading edge of the front wheel of the bicycle and extends 1.5 metres on each side of the front wheel.

Diagram 1 Distance of Drafting Zone for ALL Competitors

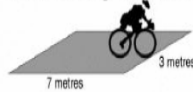


Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

Diagram 4 Drafting and Not Drafting

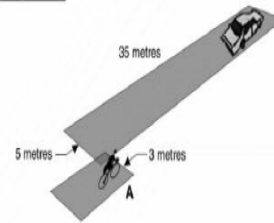


A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.

Draft zone of a vehicle

The draft zone of a vehicle is a rectangle 35 metres long and 5 metres wide. The centre of the front edge of the vehicle defines the centre of the leading edge of the 5 metre edge of the rectangle. The rectangle trails 35 metres back from that point.

Diagram 5 Vehicle Draft Zone



A is travelling at the same speed as the vehicle. A is drafting. A must move to the Left Hand Side of the road otherwise A can also be called for blocking.

THE BLOCKING RULE

Blocking is a rule that works hand in hand with the drafting rule. It is to prevent the circumstances that can lead to the formation of packs of cyclists.

As you may not overtake on the left hand side, you must overtake on the right. However, if an athlete is failing to keep left and riding alongside another athlete and not attempting to pass, then faster athletes coming from behind will not be able to pass safely.

They will be blocked by the athlete in front. This creates the situation where there can be a build of competitors and the likelihood of drafting.

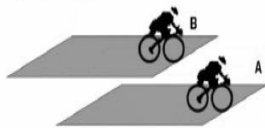
An athlete will be considered to be blocking if they fail to keep left and impede the progress of another competitor.

A competitor may be penalised for blocking even though there is not another competitor immediately behind them attempting to overtake.

The key to avoid blocking is to not ride beside another athlete unless you are overtaking them.

If you are trying to overtake, you need to complete that maneuver by gaining constantly on the athlete you are trying to overtake, and have got past within 15 seconds (as above).

Diagram 3 Blocking



A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains out to the Right Hand Side, A will receive a blocking penalty.

The full details of the Drafting and Blocking Rule can be found at www.trivic.org.au

Around the Traps with Shirl

Who is the triathlete that didn't make it to their morning swim session so they decided they were going to catch a make up session that evening?

For some reason they decided to get ready in the dark and managed to grab some footy shorts for swimming that they would wear over their jocks to swim in that night.

When he got to the pool and went to get changed, he realised that in his rush to get ready in the dark, he had put on a pair of his partner's panties that morning!!!!

Shirl's email poll:

Should we reveal the name of our cross dressing triathlete?

Email your response: Yes or No to Zoolander@tri-alliance.com.au

Speaking of revealing all, who was the highly trained athlete that needed to make **four, yes I repeat four**, pit stops on the way back from Lorne.

I know there are lots of roadwork's being completed; however, this amount of road surface inspection seems to be excessive.

Buy, Swap and Sell

This space available for any athlete who has something to buy, swap or sell. To list a product please send the details of your ad to Zoolander.tri-alliance@hotmail.com

This month's Quiz

Last months answer

Who was Tri-alliance's oldest competitor at Port Macquarie and where did they finish?

Gary Blake, 16th in his age group

This month's question

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

Answer in the next newsletter.

Buy, Swap and Sell

For Sale – 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@hotmail.com

Hatches and Matches

Congratulations to Anthony and Kellie who are expecting their fourth child.

Congratulations to Andy O'Donnell and his bride to be who will be tying the knot during June.

Athlete Profile



- Name: Hayley Frodsham
- Nickname: Hayles
- Age: 29
- Star Sign: Scorpio
- Marital Status: What do you call putting up with Ben 24/7????
- Greatest Achievement: I would have to say finishing Noosa last year
- Influences - Inspiration: Emma Snowsill, Lance Armstrong and generally just people who have a good go!!!
- Ultimate Triathlon Goal: To be competitive in my age group and just to make sure I keep enjoying it
- Favourite Food: Love all food - but can't go past Bonita Pizza on Punt Road - the best pizza in the World!!!
- Favourite Team Mate: I love the whole team!!!
- Favourite part of Triathlon - Why? Swim and ride - cos I don't suck so bad at those!!!
- Favourite Piece of Equipment: Love my bike oh and my new Zipp 404's!!!
- Who or What makes you laugh (Triathlon related): Definitely Zoolander and the whole squad - we have the funniest group of people I have ever met!

→ Your 3 Top Dinner Party
Guests Robbie Williams (he would be staying the night though - it's an agreement Ben and I have!!), Emma Snowsill, Lance Armstrong

→ Your Best Cooked Meal It's between my Tomato chilli mussels and my gnocchi with chicken, spinach and mushrooms in a creamy tomato and white wine sauce - but you can never go past a roast cooked by your parents!!!

→ Your Pet and their name Nala - a 17week old Staffy x Mastiff

Duathlon Dates

Victoria:

Jun 18	Race 1	Yan Yean
Jul 9	Race 2	Philip Island
Jul 30	Race 3	Knox
Sep 10	Race 4	Richmond
Oct 1	Race 5	Richmond
Oct 22	Race 6	Somers

NSW:

Jun 25	Race 2	Newcastle
Aug 20	Race 3	Cessnock

Triathlon Dates:

Queensland:

Jun 25	Race	Laguna
Aug 13	Race	Yeppoon (Half Ironman)
Sep 03	Race	Evans Head
Sep 17	Race	Airlie Beach
Sep 24	Race	Townsville

An ode to Lycra

On a cold winters mornin on a ride bound for nowhere,
I met up with the cyclist; we were both too tired to think.
So we took turns a starin at the roadway through the darkness til boredom overtook us, and he began to speak.

He said, son, I've made a life out of readin peoples faces,
And knowin what their fears were by the way they held their eyes.
So if you don't mind my sayin, I can see you're thin on Lycra.
For a taste of your gatorade I'll give you some advice.

So I handed him my bottle and he drank down my last swallow.
Then he bummed a pair of gloves and turned on his back light.
And the road got deathly quiet, and his face lost all expression.
Said, if you're gonna ride the road, boy, ya gotta learn to ride it right.

You got to know when to hold em, know when to fold em,
Know when to peddle hard and know when to run.
You never wear your lycra when you're backsides very see through.
There'll be time enough for wearin when the ridins done.

Now every rider knows that the secret to survivin
Is knowin when to throw away and knowing when to keep.
cause every pair of lycra, eventually gets thinner,
And the best that you can hope for is a spare pair in your sleep.

So when he'd finished speakin, he turned back towards the roadway,
Got up out of the saddle, gave everyone a peek.
And somewhere in the dawning the cyclist, he broke even.
But in his final words I found an ace that I could keep.

You got to know when to hold em, know when to fold em,
Know when to peddle hard and know

when to run.

You never wear your lycra when you're backsides very see through.
There'll be time enough for wearin when the ridins done.

(with apologies to Kenny Rogers)

Free Stuff from the AIS

AIS Sports Nutrition - Current Concepts in Sports Nutrition

Written by the Department of Sports Nutrition and brought to you by PowerBar, this free booklet summarises the most recent sports nutrition strategies for serious athletes.



Whether you exercise to keep fit, participate regularly in an organised sporting activity, or are training to reach the peak level of your sport, good nutrition is an essential tool to help you perform at your best.

This booklet provides an up-to-the-minute coverage of current concepts in sports nutrition. It examines the most recent research and sets out guidelines to help you apply this knowledge to the practicalities of your own sport and individual situation. With the aid of this booklet, you will be able to optimise your response to training, stay healthy, prepare for events, recover effectively and make informed choices about the use of supplements and ergogenic aids.