

TRI-ING TIMES

The official newsletter of Triathlon WA - September 2010



TRIATHLON
WESTERN AUSTRALIA



President's Report

Hello and welcome again to the new season to all returning members and of course, to all of our new members.

The recent AGM welcomed two new TWA Board members - Paul Mackay and Clive Bingwa, who will work closely together with other board members from last year, Annie Brinkworth, Mark Batten and Sam Prince.

Again many thanks to outgoing Board members Judi Clemie, Pete Minchin and Justine Bolton for their valuable contributions over the past few years.

For more details of the TWA Annual report presented at the AGM, go to the "About Us" tab section of our new look TWA website.

The new TWA season calendar is just being published so you can all plan your season and is filled with a list of great events including our TWA State Series, which has incentives for all competitor categories. The calendar will be posted out shortly to all TWA members.

The first race on our calendar is the new TWA State Duathlon Championships on October 10th at the aptly named Champion Lakes- there will be some world class athletes competing - so please get along and support this event (as it also part of the TA National Duathlon Series)

Congratulations to all our WA athletes who participated for Australia at the ITU World Championships (Olympic and Sprint Distances) in Budapest last weekend. Well done to all of you.

We have 2 new triathlon clubs starting up - Exceed and XTR - so we welcome those clubs in their endeavours and look forward to them competing at the ever popular Inter- Clubs championships race in Mandurah.

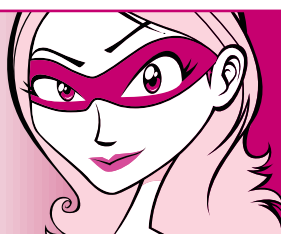
We are also pleased to announce that our season ending Sunsmart Busselton Festival of Triathlon will feature the Busselton Ironman 70.3. Stay tuned for more announcements on the TWA website and get ready for entries when they open as they will go fast, but preference will be given to TWA members.

See you all at the TWA season launch on October 6th, if not before out on the training track somewhere.

So good luck for the season ahead - stay safe, respect yourself and others, and remember to smile, it really is fun after all.

Cheers
Peter Rash
TWA President

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TECHNICAL OFFICIALS UPDATE

NEW IRONMAN DRAFTING RULES

2010 will be an inaugural year with World Triathlon Corporation (WTC) owning and operating their first Ironman triathlon in Australia and the inclusion of a 12 meter drafting zone.

Based on the success of the ITU World Long Distance Championship race held in Perth last October, WTC will trial a 12m cycle draft distance for Ironman Western Australia.



The 12 meters will be measured from the rear wheel of the lead bike to the front wheel of the following bike and in layman's language it is the distance of the WA road markings making it extremely easy for all competitors to follow as was the case in the Perth LDWC.

A further major change to be implemented at the race will be for **competitors to pass the rider in front within 25 seconds once they have entered the draft zone.**

With the event being a sellout there will be a packed cycle course. With the inclusion of these new rules, our highly skilled technical team is looking forward to safe and clean race with minimal infringements

Congratulations go to WA Technical Officials Frank Stapleton & Stuart Fuller who have been selected to officiate at the ITU World Championships in Budapest in Hungary during September.

South West Escape Series 2010/2011

Bunbury Classic
21st Nov 2010

Laminex Albany Classic |
6th Mar 2011

Karri Valley
26th Mar 2011

DISCOUNTED Series Entry Fee \$140

\$1500 Cash Giveaway

Enter and compete at all
3 races to be eligible

King and Queen
of the
Country

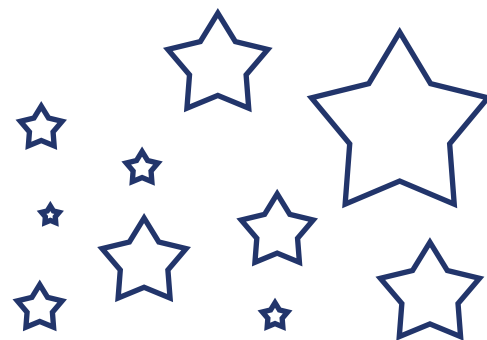
TOTY Points
over the 3 races
Senior Competitors Only

BUNBURY
WESTERN AUSTRALIA
triathlonclub



REPORT IN FROM TOUR OF DUTY RUN

— BRAD HOSKINGS SOMEWHERE IN THE USA



The trip has been nothing short of amazing. From the minute we touched down in Sydney to West Hollywood LA to the strip of Las Vegas and beyond, we have truly been treated like royalty. Everyone is blown away by what we're doing and is so into it. The first week or so was amazing and filled with special memories I will never forget, so many that I couldn't even begin to write and even adequately explain. We have met John Howard, Jerry Lewis, the Aust Consular General to the USA, the brother of the captain whose plane flew in to the Pentagon and so many other fantastic people. In Las Vegas alone we were treated to some events that were unprecedented, including running down the strip at midnight on Fri night, the busiest time of the busiest night of the busiest time of the year. They blocked off the entire North bound lanes just for us...and that was just a part of what happened on this particular night...Truly amazing stuff. As amazing as those first 8 or 9 days were though, I'm glad we're down to business. It was a bit surreal and very distracting... doesn't get me wrong though, I wouldn't have changed any of it for the world.

We have these two media guys with us every step of the way. They are serious videographers, producers, photographers etc and are doing amazing stuff, working really hard. If you haven't been to www.tourofduty.com.au yet then get on and check it out, it's full of great stuff. There really is no need to take any photos or videos really because they are documenting everything and will be producing an amazing documentary at the end and a high quality coffee table book not to mention our accessibility to everything that they have shot, taken etc. Fear not though, I'm taking plenty and will have lots to show you all when I eventually get a chance. I have been keeping a diary and actually think I will run out of pages and require another book...what the!

We got broken into 3 groups of 12...red, white and blue and each group then got broken into six. In our case White group alpha and bravo. We have 3 Americans and 3 Aussies per Winnebago. Our group of 12 is great and well suited, but we function more

within our group of 6, which likewise is a great group. I'm with John an officer from North Las Vegas Fire Dept., Rob a police officer with North Las Vegas, Pat an officer with the Chicago fire Dept., Steve an officer with the Hobart fire service and Rachel a fire-fighter with the Melbourne Fire dep't. She is actually 5th generation fire rescue and a great girl. They are a great bunch.



Arizona despite the muck around with permits etc was actually very beautiful. All the towns we passed through including the city of Phoenix were beautiful and from starting in the mountainous desert region we finished in a landscape that could have quite easily been the Rocky Mountains of Victoria Canada...it was stunning. I would never have thought so, but I would definitely go back there. Because of the muck around so far we haven't really been clocking up great miles (running that is) we are actually where we need to be and that will always be the case because of the highly structured appointments we have set up along the way with police and fire escorts, places hosting us for the night etc. From this point on we will be running uninterrupted until Oklahoma which is about 4 days away. Then some good solid running until New Orleans where we have another break and then Washington I think. So far the body is holding up well (touch wood) but it hasn't really been tested yet.

You can follow more about how this run across America eventuated on the web site www.tourofduty.com.au which finished on September 11.



HINTS AND INFORMATION ABOUT LOOKING AFTER YOUR WETSUIT

Putting it on

- Remove your jewellery, watches, bracelets before putting on a wetsuit
- Take your time in putting on the wetsuit – it is not time critical yet. So take your time and get it on correctly. Only the removing of the wetsuit in T1 transition is time related.
- Use BodyGlide or similar product around your neck & chaff areas (do not use petroleum jelly, cooking spray, suntan oils, grease on the suits as this causes irreparable damage to the neoprene)
- You can also BodyGlide on your ankles & wrist points to assist wetsuit removal in T1
- Make sure you wrinkle your suit up from the legs so it is fully fitted at the waist & crotch
- DO NOT pinch & pull the rubber – use a flat palming action to work it up your body – if you have long nails use gloves. Modern suits are softer compounds to be more flexible & comfortable for triathletes
- When comfortable and fitted at the waist- move onto upper body. Make sure it is worked smoothly up. By wrinkling up over the shoulder areas you ensure flexibility is maximised for your arm stroke

After the Race

- Don't leave it wet in the car boot for days afterwards
- Rinse it with cold clean water to remove all salt/dirt and especially the zipper
- It is never to go into a washing machines or dryer
- Then hang on a wide shouldered hanger in the shade til dry (narrow pointy hangers stretch & crack the shoulders so use a nice wide hanger) or lay flat & folded in half. Do not leave out in the heat & sun as this is what causes that wetsuit crackled surface effect.
- Try to remember to fix up finger nail nicks or tears after events or they develop into bigger issues
- Best storage when the wetsuit is dry -- in a cool dry place "inside out" to protect the neoprene - laid flat & folded just once at the waist
- For travel have the wetsuit folded but also X cross legs & arms prior to then folding in half

**** Don't forget your wetsuit is an expensive & technical piece of equipmentTreat it well**

Recent race results from near and far

Courtney Ogden

- ☆ 2nd Ironman Coeur d'Arlene

Kate Bevalaqua

- ☆ 4th Ironman Canada

Raf Baugh

- ☆ 2nd National Duathlon Series Barossa Valley

Felicity Sheedy-Ryan

- ☆ 3rd World ITU Duathlon Championships Edinburgh

Johann Borg

- ☆ 10th Open Field Yeppoon Half

Luke McKenzie - winner Busso Half 2010

- ☆ 1st Ironman Brazil
- ☆ 5th Lake Stevens 70.3

Lisa Maragon

- ☆ Winner Busso Half 2010
- ☆ 3rd Ironman Canada
- ☆ 1st Yeppoon Half

Rachel Smith

- ☆ 1st 35yo @ Age group National Duathlon Series Barossa



FROM THE VAULT

- SNAPSHOTS OF WA TRIATHLON WAY WAY BACK

Russell Plates was one of many contributors to the early days of the Tri-ing Times as well as being a competitive triathlete right from the sport starting off in WA.

He talked to the new Tri-Ing Times about a bit of its history.

Q. HOW DID THE T-TIMES START OFF IN THE EARLY 1990'S?

A It was the brainchild of Bruce Nixon who was therefore the "editor" and because there were no web sites, then it was really the best way to communicate to members. There were eventually up to 8 per year –with 1 in the winter and the rest during the triathlon season.

Q WHAT WAS THE TYPICAL CONTENT BACK THEN?

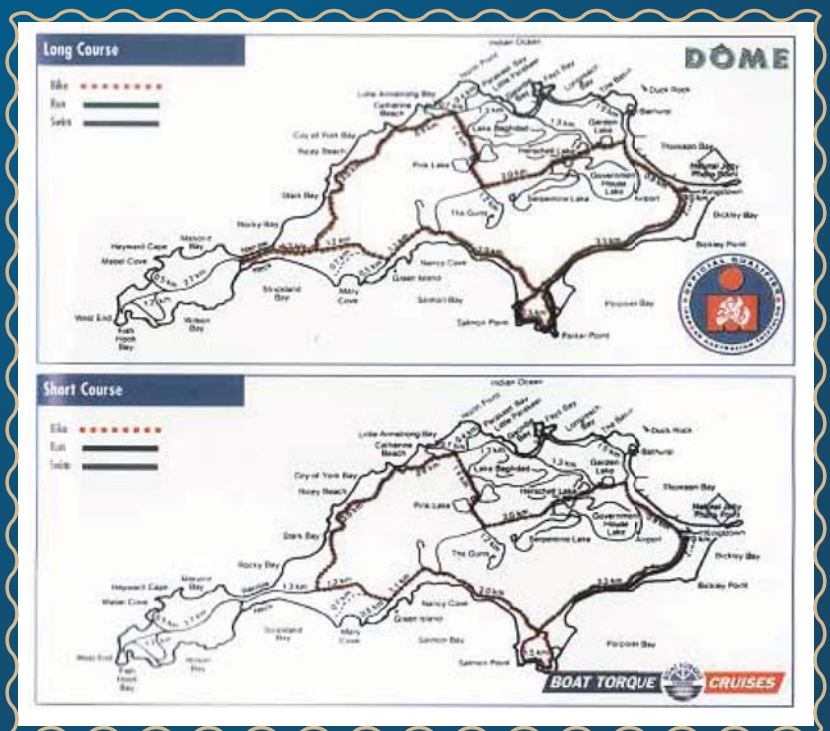
A Bruce had a formula that made sure it was wide ranging. It included race information & results, perspectives from various athletes, humour, and supporters of TWA adverts, overseas race reports such as Noumea or Fiji and each edition always had a cover story.

Q. MUST HAVE BEEN SUBSTANTIAL INPUT TO COVER ALL THAT FROM VARIOUS PEOPLE?

A Yes- dozens of contributors from our local triathletes helped it to grow. It was the best reference for a calendar, training tips and also reviews and results from all the races. It grew and grew from a low page count of 4-6 right up to some massive editions of 50 -60 pages. Those ones were so big we had to change how they went out in the post. At times some editions of the Tri-ing Times rivalled or beat the commercial triathlon magazines that had just started to appear in the new agencies.

Q WHAT WERE THE BIG RACES THEN?

A Cottesloe was a biggie as it attracted interstate competitors and had prize money. Then also Albany & Katanning were the races to do. Fairly tough events that required travel but the sport was new, exciting and steel frame bikes travelled in the car very well. Albany Caravan Park and a tent on the Katanning Showground were the favourite accommodation choices for most triathletes



ANNUAL WA SCHOOLS CHAMPIONSHIPS

are now taking entries for our future triathlon stars



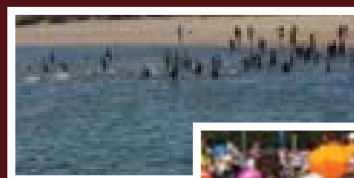
Primary Schools Triathlon

Thursday 4th November

Champion Lakes

More information available from;

Stuart.denton@det.wa.edu.au



Secondary Schools Triathlon

Friday 5th November

Champion Lakes

More information available from;

Stuart.denton@det.wa.edu.au

Race details have been posted on the School Sport website www.schoolsportwa.com.au Summary: Swim course is around pontoons alongside the transition area on the island. The bike course is completely inside the Champion Lakes complex. The run course is based on 1 km laps. Please look on the School Sport website for spectator parking and bus access etc on race days



TRYSTARS UPDATE

This year the Trystars age grouping has changed nationally to now finish at age 15 years. In addition to the national change we welcome POLICE & NURSES Mutual banking as a WA sponsor for this important group of triathletes.

What does this change of age group mean?

TRYstars up to 12yo continue to remain as a club based activity

- ☆ On the TWA Calendar for the new group of older TRYstars races the Junior Distances are rated as distance/age relevant according to the Triathlon Guidelines on the TWA website. For example the race distance for a 13 yo is set at 400/15/4 maximum and increases gradually by year. Most sprint distances do fall into this category which enables U14 or U16 to compete.
- ☆ TWA will continue to offer coaching courses for TRYstars in a Level O format to assist clubs with plenty of skilled up assistance. As with all areas of child contact in WA a current Working with Children Card is a sport requirement. Go to www.checkwwc.wa.gov.au for more information or to a local Post Office.

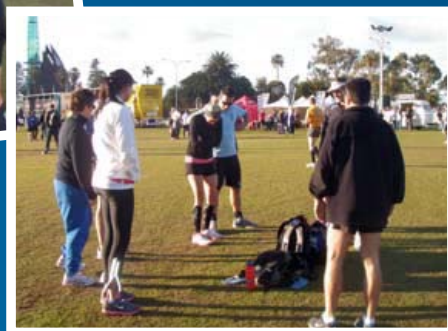
AROUND THE REGIONS

A busy offseason saw the Mandurah Triathlon Club ran weekly training sessions in the lead up to the City to Surf. Over 20 people from the club took part in the event, the majority competing over the Half Marathon Distance. Here's couple of photos with some of the team preparing the morning of the race.

As another exciting season approaches, the Mandurah Triathlon Club is in top gear preparing for a full calendar of events, racing and new initiatives.

The depth of the club and what it offers to it's members and the community has doubled nearly overnight. We welcome Ted Macneall to the role of Volunteer Coordinator, Jamie Muir as Trystars Coordinator and Jo Kelly Wilson who will be heading up the Social Committee. Grant Tomlinson is taking a well deserved break after 6 years as President of the club, handing over to a very keen Elliott Combes. Ian Crane is finding his feet well slotting into the important role of club Secretary.

These changes and new roles have enabled the club to offer many new initiatives this season including a volunteer recruitment and reward program, a revived Trystars program coached by Triathlon Accredited Coaches and a full social calendar. The social events are open to anyone interested in fitness or triathlon and include events such as family BBQ's, wine tasting bike tours, a Summer Beach Festival plus much more. Mandurah Triathlon Club welcomes 4 new sponsors to the club, including Rick and the team at 2XU Subiaco as the major sponsor for the next 3 years. For more information on events/Trystars/ volunteers/social events join the MTC mailing list by sending an email to info@trimandurah.com. Mandurah Tri Club is on the move, it is a great place to start and an even better place to stay.



REINVENTING YOUR CHAMPION SPIRIT

The most profound influence from the "outer world" is most certainly OTHER PEOPLE.

The people you allow into your life and who you spend the most time with, are the greatest external factors to the direction your life will take. Yes, external influences are that powerful.

It is known that you will be the combined average of the 5 people you spend the most time with; you will have the combined lifestyle, health practices, thinking processes, expectations and income.

Think about it. Whatever is consistently entering your experience ends up becoming your reality. Similarly, whoever is consistently in your experience is bringing dominate thoughts, attitudes and actions to your reality.

Who we spend our time with determines what conversations dominate our attention and the observations, attitudes and opinions we are repetitively being introduced to.

Eventually, we start to eat what they eat, talk like they talk, read what they read, watch what they watch, treat people how they treat people, even dress like they dress and think like they think. All the while this may not even be a conscious transition.

Your associations don't shove you in a direction; they nudge you ever so slightly over time.

Have you ever been out to eat with a group of people who are more health conscious than you might normally be? Did you find yourself compelled to order something a little more healthy than normal? That is the power of associations; you were influenced to match their "stride".

Unfortunately the same compulsion is true if you go out to eat with a group and everyone orders multiple drinks, heavier foods, deserts etc. Even though you will try your best to be a maverick, over time you will slowly but surely start "matching" their stride as well. This is true of attitudes, expectations, perspectives, beliefs, opinions, etc – in every area of your life. Even the most self-contained individual is subconsciously lured into the grip of associations' influence.

One key for improving your health, fitness and happiness in life is to check your associations.

So, what is the best way for you to achieve your Champion potential? Check out who you hang out with?

You will then see the power of influence work for you, rather than against you. You will then learn what they read, how they talk, how they observe circumstances around them and their attitudes. You will start to eat what they eat, exercise like they exercise and treat

people as they treat people. You will start to see all of the behaviors and attitudes which attract that level of success to them, and by doing the same (creating the same causes), similar effects will be attracted to you.

So who is on your team? Who is on your bus, taking part in your life journey? Who is there in the background, on the balcony, behind the scenes cheering you on?

For the next 30 days give this exercise your best efforts and watch your support grow...

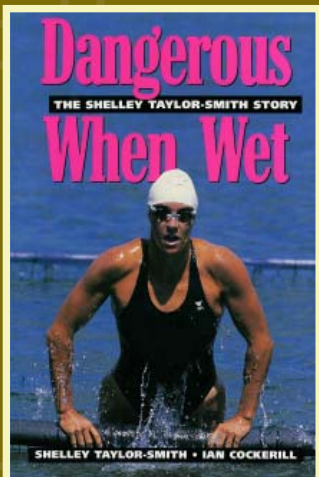
1. Observe the relationships around you, paying close attention:
 - ↳ Which ones lift and which ones lean?
 - ↳ Which ones encourage and which ones discourage?
 - ↳ Which ones are on a path of growth uphill and which ones are going downhill?
 - ↳ When you leave certain people do you feel better or worse?
 - ↳ Which ones always have drama?
 - ↳ Which ones don't understand, know or appreciate you?
2. Seek relationships with quality, respect, growth, peace of mind, love and truth:
 - ↳ List the people around you who possess these attributes and more;
 - ↳ What qualities do they possess that you admire and aspire to emulate?

The relationships you have highlighted are your 'balcony people'; your Champion team who will cheer you on. They will be your witness as you declare yourself and your dreams!

"If you cannot 'change' the people around you, change the people you're around."

Cheers to a successful 2010-211 triathlon season!
Shelley Taylor-Smith

About Shelley Taylor-Smith: 7-time Women's World Marathon Swimming Champion, Self-Motivation Teacher and Performance Coach In need of motivation, inspiration, education or a kick in the pants to get you fired up for the triathlon season ahead? ...jump over to: <http://www.championmindset.com.au/inspire.htm> and receive the fortnightly Champion Motivations ezine... full of tips and tools to boost your self confidence and energise for success!



"Dangerous When Wet – The Shelley Taylor-Smith Story" Despite being tagged with "no natural ability", "nothing above average" and "disabled" Shelley Taylor-Smith became 7-time Women's World No.1 Marathon Swimming Champion 1988-95, 1991 FINA World 25km Champion and 1991 World No.1. Marathon Swimming Champion for both men & women; a feat never achieved by any other woman in the history of any sport worldwide.

This riveting story of Shelley's rise to success is uncompromising, spirited, and straight from the heart. A must read for triathlon and open water swimmers of all levels. Learn how to absolutely love the solitary nature of the sport and develop the "man-against-nature" mindset which is the key essential to becoming successful in the open-

water swim element of your next triathlon. Delve into Shelley's greatest asset, "the most important 6" of your body – the distance between your ears" and the ability to get into your own mind and swim your own race. Learn how to turn your love-hate relationship for open water around and overcome your greatest competitor – yourself!

Click here to purchase
'Dangerous When Wet'
for a special price of
\$20



Triathlon Western Australia announces Ironman 70.3 Busselton for 2011 to 2013

Triathlon WA is delighted to announce the World Triathlon Corporation has confirmed one of the oldest triathlon races within Western Australia will be given Ironman 70.3 status from 2011. The Ironman 70.3 Busselton will take place as part of the SunSmart Busselton Festival of Triathlon on Saturday 7th May 2011. Triathlon WA President Peter Rash said "We are pleased to enter into this long term agreement with WTC. We have a good working relationship and we value that WTC recognises the importance of the event for the future of triathlon in WA and its role in providing TWA with financial assistance to administer the sport. Triathlon WA and WTC have clear common objectives to grow the sport of triathlon and we look forward to further opportunities the partnership may provide."

Previously hosted as part of the Half Ironman Series within Australia, the event began as the State Long Course Championship in Midland in 1985 with 35 competitors and has grown to an iconic triathlon event within WA, nationally and in the Asia Pacific region, with the 2010 event having almost 2000 competitors.

"Providing the event with the Ironman 70.3 status will place Busselton once again on the world stage as a world class destination and venue for high quality triathlon events" said Triathlon WA Executive Officer Hayley Lethlean. "Given the synergy with Busselton as host town for Ironman Western Australia and now Ironman 70.3, Busselton

will be a prime venue on the "to do" list of many triathletes across the world".

The Ironman 70.3 Busselton will take competitors on the same course – a 1.9km swim along the Busselton Jetty, a 90.1kms bike ride through the Tuart Forests and a 21.1km run along the gorgeous Busselton Foreshore in Geographe Bay. Ironman 70.3 Busselton will serve as a qualifier for the Ironman 70.3 Asia Pacific Championships which will offer a Professional Prize purse of \$15,000.00 US.

Triathlon WA looks forward to working in partnership with the World Triathlon Corporation and the Shire of Busselton in a long term joint venture to raise the profile of Busselton and the sport of triathlon across the globe. The hospitality and fantastic volunteer support we have come to know so well from the Busselton Community will welcome the competitors once again and continue to assist Triathlon WA in growing the profile of the sport of triathlon.

Members, be sure to keep an eye on the Busso website – website changes will take place within the next few weeks. Stay tuned as entry opening dates will be announced within the next few weeks. TWA/TA member will still receive the member discount at this event.

