

Tri Nuna News



Nunawading Triathlon Club
www.nunatriclub.com

August 2008

President's Report

As the proud President of the Nunawading Triathlon Club I'd like to welcome all past and new members to the 2008/09 season. It's hard to believe that it's that time of the year again, it's also hard to believe that it has been 2 years since I have been in this position.

For those of you who may not know me I have been a member of the club for 10 seasons. After joining the club in 1999 I have seen the club continue to grow at a steady rate. I spent 4 years as President of the club before Nathan took over the position 2 years ago. It was a role that I really enjoyed being in, especially being able to try and encourage and help fellow members achieve their goals. I also found that the enthusiasm and friendships of club members made the position a very rewarding one.

I would like to thank and congratulate Nathan Sims and Dave Green for the great job they have done over the past 2 years. It is also great that they have both taken on new roles in the current committee.

For anyone who wasn't at the recent AGM, you'll be pleased to know that the feeling was at an all time high. I think we had 23 people there on the night. It was great to see so many people there all keen to put their hand up for all roles that were required. Congratulations to Veronica on taking on the role of vice president and to everyone else who joined the committee. You can rest assured that the club is in enthusiastic and capable hands.

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As members of the 'best triathlon club in Melbourne' you will benefit from all that the club offers. We

already have a club training camp organised for October which has been a huge success in past years. We also look forward to our Social Committee members organising our start of season dinner and Christmas party. You also have the

great opportunity to take advantage of all of our sponsors. Top Gear Cycles is once again our major sponsor and will again make sure that all our members are racing on well serviced and quality bikes at great discounts. Make sure you keep an eye out for all the great deals all our sponsors have to offer.

Whether you are new to triathlon and planning on racing short and sprint races or you are setting your goals towards longer races the club has all the training sessions required to help you achieve all your goals. With the help from all of our experienced coaches they will help make your journey an easier one.

I look forward to meeting you all and encourage you to contact me if you have any questions. Wishing everyone a successful and rewarding season.

Cheers
Steve Vaughan
President – Nunawading Triathlon Club
0401 321 241

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Get Into Tri Time

The tri season is approaching again, and with the Olympics fresh in everyone's minds, there is no better time to gather some enthusiasm and to introduce new people to the sport. The club will be running the Get Into Triathlon program this year from October 30. Over 6 weeks our GIT's will be busy practicing their skills on the bike and in open water, picking up tips and tricks, getting fit, and gaining confidence. The course will include a mock race in preparation for the real deal, when our new triathletes take on race 2 of the Brooks series at Elwood on December 14. This is a fantastic program, lead by the very knowledgeable and encouraging (now Ironman!) Eugene who works hard to ensure all GIT's get as much out of it as possible. Nat and I were part of the GIT class of season 06/07 and will be there to support as buddies this time. We would love to fill all spots in this year's program; advertisements are going up at the local pools and gyms. If you know of friends or family who are into sport, fitness, fun or looking good in a fast trans suit, please encourage them to sign up.

Looking forward to meeting the new GITs.

Hanna Whiteside


Exciting New Sponsor

We are very pleased to welcome **Active Feet** as a new major sponsor for Nuna Tri Club. Soon we will have their logo on our stationary and uniforms, and a link to their website. **Active Feet** is owned by podiatrists and the business can provide advice to members regarding shoe selection taking into account any general foot problems, training loads, biomechanics and so forth. Furthermore, **Active Feet** is making a special sales offer exclusive to Nuna members on Asics racing shoes. This offer is valid until 21st September and while stocks last. See your membership pack for details or visit one of their shops. The nearest shop for most of our members is at **129 Canterbury Road, Heathmont**, phone 9876-9211. Remember to state that you are from NTC as this is not a general sale. Now at the start of the season is the time to get properly fitted out with the correct gear. We have also been given a year round 15% discount on all accessories.

Further special offers will be announced in due course as they become available from **Active Feet** and we are looking forward to a happy relationship with Rick Osler and his partners.

Shaun Cole-Cook is running our sponsorship program and is currently talking to several potential sponsors. So if you know of a business that is interested in sponsoring us, have a word with Shaun.

Our sponsors are important and we thank them for their support. Give our sponsors a look before you buy – you could be doing yourself a big favour.



GILBERT'S MONEY TIP
Do you know the difference between good debt and bad debt?
Good debt will help you to buy an asset that will pay you an income.
Any other debt is bad debt and best don't go there.



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Peter Hepworth Talks

Peter and Celine from Top Gear Cycles have been long term sponsors of our tri club and I recently caught up with Peter.

Q: Peter, I believe you have a background in competitive cycling. How did you get started and what did you do?

Peter: As a youngster I rode my bike everywhere but my sporting background was in athletics. I ran 800m and 1500m on the track and cross-country in the winter. I went to a World Junior Champs in Athens and got hooked from there. From age 18 to 25 years I spent most of this time chasing the Olympic dream but fell short. I spent many years in Europe running the Circuit there. I haven't run for 15 years apart from the odd jog in the park. Now my cycling is all based around what time I have with my work and family commitments. I commute to work on my Mountain bike during the week and get out with my wife on Sunday mornings for a road ride. I do a few mountain bike races mostly Enduros and a few tris and Fun runs each year.

Q: What do you count as you're most significant cycling achievement, and why?

Peter: My most significant moment in cycling was riding up Alp Du Heuz with my wife in 2006. A huge buzz and highly recommended if anybody is thinking of going. Even though the Tour had been raced months before it still is a magical place to ride a bike.

A close 2nd was the Wildside MTB event in Tassie this year which went for 4 days from Cradle Mountain to Strahan. Fantastic country to see by bike.

Q: When did you start Top Gear Cycles?

Peter: Celine and I bought Top Gear in 2001. We moved into our new location at 304 Doncaster Road Balwyn North in 2007. Celine now has her upstairs training studio which we had dreamed about for years.

Q: Every business likes to think it has a particular market niche that makes differentiates it from its competitors. Can you articulate this for Top Gear.

Peter: I've always picked staff who are as passionate about cycling as I am. We have staff members who've done everything from Ironman and short course tris to mountain bike events and Adventure racing, Rogaining and Orienteering.

Q: Celine plays an important role in the business. What are the additional services that she offers now?

Peter: Well I like to refer to her as the Handbrake! Celine has an accounting background so she is a big help in this area.

Q: Finally, a personal question. Where and how did you and Celine meet?

Peter: We met at a friend's birthday about 16 years ago. Celine hadn't been in Australia long [French born] and her first Husband died suddenly with Cancer. I met her about a year after that happened and she decided to stay here. She was into fun runs and had tried a few triathlons in the early 90's. I managed to talk her into doing 8 Ironman races.

One word of advice to "partners" out there - don't mention during child birth that it can't be that hard because you've been through an Ironman! As my wife reminded me, I haven't been through either, in some colourful language.

Thanks Peter for your support of the club.

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What's new in training in 2008 Winter timetable?

By Mark Beovich Level 1 Triathlon Coach

Welcome back to training for the 2008/9 season. If you haven't already checked out your training guide in the membership pack, I would like to just highlight some new training opportunities this winter.

Lee Bonardi has taken over the wind training sessions on Wednesday nights down at the Bill Sewart Athletic track. This session allows those who are time poor, an opportunity to get some riding in with a bit of running, in just over an hour.

Rohan Ware is doing an outstanding job at the pool. I would like to highlight the Sunday swim session that is very popular and social outing and a great start to ease back into training or develop your correct swim stroke. Currently running at 4pm on Sunday.

If you plan to get back to training soon just a reminder that from 1st September you will need to be a current 08/09 member to participate on the Monday run or Sunday bike rides.

Mark Beovich and **Steve Vaughan** are our bike captains for Sunday rides. Watch the website for start and route details as they can change from week to week.

Committee Members 2008-09

- President:** Steve Vaughan
- Vice President:** Veronica Steinicke
- Secretary/Treasurer:** Claire du Jardin
- Membership:** Shane Bebe
- Website & IT:** Janine Vavasseur
- Uniforms:** Andrew Caune
- Newsletter:** Gilbert Foster
- Coaches:** Karina Vittiriti
Mark Beovich
Lee Bonardi
Rohan Ware

- Training Camp:** Brigid Monohan
Stewart Downs

- Sponsorship:** Shaun Cole-Cook

- Results:** Nathan Sims

- GIT:** Natalie Loughran
Hanna Whiteside

- Social:** Jan Devlin
Sue O'Connor

- General:** David Green
Laura Brown

- Trailer/Roster:** Geoff Bullock
Tanya Barnes



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Evolution of a Triathlete

According to Charles Darwin these are the stages you can expect to evolve through:

1. The triathlon beginner with little or no experience or the confirmed survivor whose only need is to participate. Responsibilities and commitments other than triathlon have priority.
2. Some athletic background. Has completed his or her first triathlon and is giving serious thought to subscribing to *Triathlon Magazine*.
3. Has the time and the will to train seriously. Spouse is beginning to get the point and begins to give triathlon equipment as presents for birthdays and Christmas. Subscribes to *Triathlon Magazine* and to *Tri-Athlete*.
4. Has several races, perhaps several years of experience, behind him or her. Feels comfortable about walking into a bike store and saying, "gear ratio." Bedtime is 9:30.
5. Has serious thoughts about winning an age group award at the next race. This is a good, solid level for the experienced triathlete with a firm commitment. He or she probably swims with a Masters team in the morning and has gone to great lengths to fit the mileage into the workday.
6. The sport has become *the* number one priority. Family and friends either understand or don't, but the training goes on. The athlete at this level often shows up at work, and leaves work, in training gear.
7. Has lots of experience and is probably training for the Ironman. This person has probably finished near the top in his or her age group. Probably has two bikes and several dresser drawers full of beat-up bike shorts, tights, and T-shirts.
8. Almost a full-time athlete now, taken over by training. Either is retired and very wealthy or works part-time to support his or her training and is very poor. His or her social life has shrunk to almost nothing with good reason—the phone is disconnected after 8:30 P.M.
9. Spouse left long ago. There's no turning back. Is there a sponsor out there somewhere who can help? Is competing in prize money races and has a good chance of taking some of it home.
10. Over the edge. Rent and assorted bills are paid with prize money checks and sponsor support, or they aren't paid at all. Long ago stopped feeling guilty about his or her daily lap. Fears a debilitating injury more than death by fire. Is a little burned out at times and ponders a quiet life in the mountains, but, what the hell—*someone* has to be a professional triathlete!

Source: Scott Tinley "Winning Triathlon" with thanks to Zebra.

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