

Tri Nuna News

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PRESIDENT'S REPORT

Welcome to the first edition of the Nunawading Triathlon Club newsletter for the 2006-2007 season. We will endeavour to use this as a medium to inform our current membership body of events and items of interest that are coming up as well as review our activities as the season progresses.

The first Gatorade race at St Kilda was highly successful, with more than 30 Nuna members competing. The conditions were perfect and the results fantastic - congratulations to Anna D'Alberto who finished 2nd in her age group! Thanks to Top Gear for providing some last minute bike servicing, and also to MikE for the much appreciated post-race massages.

Once again Lee Bonardi and Eugene Wong have run the Get Into Triathlon (GIT) program. Many of our current members are a product of this program. There were seventeen 2006 participants who completed their first race on December 3 at Sandringham. GIT 2005 graduates Brigid and Jan have offered to be "big sisters" to the new GIT's to make the transition into our club less daunting. The fact that we cater to all abilities is what makes Nunawading such a great club.

Already we have had the successful start of season social night that saw the long awaited premiere of "The Road Ahead". Congratulations to Freaky and Timbo on the film. Everyone who saw it on the night loved it and many copies have been ordered.

The annual pre season camp was held at Woolamai Beach SLSC at Phillip Island. It was a fantastic weekend with plenty of training and an equal amount of partying. If you weren't there, you missed a memorable weekend. Don't miss next year's instalment.

I must say a big thankyou on behalf of the whole club to Stephen "Scuba" Vaughan for his tireless and enthusiastic efforts during his time as President of this great club. There is no doubt that it is because of his efforts that we find ourselves lucky enough to be proud to say we are members of Nunawading Triathlon Club. It is in no small part that Scuba's influence has driven the membership of our club past the 100 mark.

Myself, and the rest of the committee welcome your feedback and invite you to come along to our committee meetings, to be held on the second Friday of the month at Magenta (formally Nero's). Please feel free to contact me at Nathan@nunatriclub.com or on 0418 505 937.



Finally, I'll sign off by wishing everyone all the best for the coming season, whatever your racing and training goals may be. Have fun and I'll see you around the traps.

The Rock.
(You know where the race starts)

Contents:

- President's Report
- Member Profile
- Timbo's tips
- Club Championships
- Committee 2006-2007
- Swim Report
- Upcoming Events

Member Profile: Brigid Monahan (GIT Big Sister)



Nickname: Jager girl (recently acquired from the training camp!)

Age: 26

Occupation: Teacher (Grade 6 / Physical education)

Why did you join NTC? I was keen to do a triathlon but had no idea about them. I thought the Get into Triathlon program (GIT) would be a

great start, and Nunawading was running the GIT.

Member since: October 2005

Sporting background: Swimming, horse riding, rowing.

My favourite triathlon leg is... the swim, 'cos it's something I've always done.

My goal for the season is... to complete the Gatorade sprint series and possibly an Olympic distance!

When I'm not training, I like to... hang out with Madeleine (my 4y.o. daughter), go to hi-5 concerts, go skiing and have drinks with the girls.

My favourite food is... kangaroo meat and mushrooms.

I like to drink... Jager bombs!

My friends say I am... outgoing, busy, ambitious, impulsive and a party planner.

What I love about Nuna... The people and the support you get - it's awesome!



TIMBO'S TIPS

G'day guys and gals...here's another tip from Timbo's workshop.

Everyone has been training hard, and the summer tri season is now upon us. So we need to clean off all that winter grease and grime in preparation for racing season.

Step 1. Clean the drive chain (that is the chain, cassette, front and rear derailleurs). Using a can of degreaser, spray down all of those parts, then clean off with a rag. Be as meticulous as you like - the cleaner the better.

Step 2. Apply some bike lube in small amounts, working though your gears at the same time.

You should now have a nice clean chain and better working gears.

Note: to anyone wanting their bike serviced by us please book ahead of time. Try and do it 1-2 weeks before race day. Otherwise you may miss out.

Racing in the hotter parts of Australia be aware of your tyres and tubes. A bike sitting in transition in the sun that already has 120 psi in the tyres, will pop. So make sure you pack a pump on race morning and pump them up just before you leave transition.

Product Review

#1 Vittoria Pit Stop RRP \$25.00 Rating 8/10

This is a must have product for anybody who has a fear of puncturing in a race. Just shake and push onto presta valve. The tyre is instantly pumped up and filled with a sealant so you can continue on to the finish.

#2 Shimano Tri Shoe SH_TR 30 RRP \$169.95 Rating 7/10

A new shoe for 2007. A budget version of their Carbon model. Great for the first time buyer. Single strap in white only.

Good Luck!

Cheers, Timbo from Top Gear

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Nunawading Triathlon Club Committee 2006-2007

President: Nathan Sims (The Rock) Nathan@nunatriclub.com; 0418 505 937
Vice President: Bella Lough (Danger Kitty) Bella@nunatriclub.com; 0405 321 742
Secretary and Treasurer: Claire du Jardin (Buster) Claire@nunatriclub.com
Training Coordinators: Karina Vitritti (Catwoman) and Mark Beovich (Boysie)
Uniforms Coordinator: Andrew Lumb (Lumbly)
Website Coordinator: Mack Clarkson (Mack Daddy)
Sponsorship Coordinator: Tim Burfitt (Timbo)
Social Coordinators: Dale Steen (Moshy) and Jan Devlin (JD)
Newsletter: Tammy Adams (Feather) - Tammy@nunatriclub.com
Talk's Coordinator: Frank Grant (Stein)
Youth Coordinator: Chris Stevens
General members: Ben Goulding (Homer), Andrew Caune (Acorn), Lee Bonardi.



Club Championships – How it Works

The Gatorade Series is the nominated series for the 2006/07 Club Championship. You must complete 3 races to be eligible. Equal weighting is attributed to each of the following characteristics.

- Series points received as determined by the series organiser.
- The relative finish position in percentile terms based on the number of competitors in your age group.
- Average finishing time.

The percentile points are allocated as per the table and are calculated by dividing your finishing position within your category by the total number of competitors in your category. Here are some examples:

Percentile Points	
0-5%	12
5-10%	11
10-15%	10
15-20	9
20-25	8
25-30	7
30-35	6
35-40	5
40-45	4
45-50	3
50-55	2
55 and under	1

Competitor 1:

Race 1 – Finished 2nd out of 10 in a time of 59.15 (20% = 9 points, 9 series points)
Race 2 – Finished 4th out of 25 in a time of 65.23 (16% = 9 points, 7 series points)
Race 3 – Finished 3rd out of 10 in a time of 60.03 (30% = 7 points, 8 series points)
Average time = 61.47. Percentile Points = 25. Series Points = 24.

Competitor 2:

Race 1 – Finished 2nd out of 10 in a time of 59.07 (20% = 9 points, 9 series points)
Race 2 – Finished 2nd out of 20 in a time of 67.46 (10% = 11 points, 9 series points)
Race 3 – Finished 1st out of 7 in a time of 60.44 (14% = 10 points, 10 series points)
Average time = 62.32. Percentile Points = 30. Series Points = 28.

Competitor 1 is ranked 1 on average time and 2 on percentile & 2 on series points. Total ranking = 5. Competitor 2 is ranked 2 on average time and 1 on percentile & 1 on series points. Total ranking = 4. Competitor 2 has a lower total ranking of 4 and would win the championship.

Newsletter Editors: Tammy "Feather" Adams and Bella "Danger Kitty" Lough

SWIMMING HOMER'S REPORT

The Squad sessions and Sunday stroke correction sessions have continued to attract large numbers over the past few months. We've had a good core group of regulars that have done the hard yards and should be very happy with their improvements.

We are well and truly into racing season now and many have been building their training for the upcoming triathlon at Shepparton. For those who are only swimming a couple of times a week, there is no need to taper too much. During the last few months we have been doing high volume work with the fast lane building up to 4.2k for a session. During racing season the work is more low volume with a focus on high intensity. You will notice that these sessions will tend to be short and sharp. The fast lane can expect to swim somewhere between 3-3.5k in a session. The Thursday before most races is sprint work to get you swimming quick for the Sunday. The pre-season time-trials have proven popular, with many improving on previous performances – well done everyone!

Open Water Swimming

It's hard to explain why someone flies in the pool but sinks in open water. There are some basic things to remember-

- **Sight often** – at our Lysterfield Lake sessions I am amazed at how infrequently some people sight the buoys. If you are only looking up every 20-30 strokes then chances are you won't swim straight. You should be sighting every 10 strokes at least. It might feel like hard work but it's a lot easier than swimming around in circles.
- **Roll your hips and shoulders** – it's harder to roll through your hips and shoulders with a wetsuit on but that's no excuse to lay flat on your chest and swim like a dog. Keep rolling. It lengthens your stroke, makes you streamlined and most importantly makes you swim quicker and easier.
- **Blow bubbles** – you should never hold your breath when you swim. If you feel claustrophobic in dark water, try concentrating on your breathing. It can help you relax.
- **Wear a wetsuit that fits** – if it's too tight it's going to be hard to move. If it's too loose you might as well be swimming in gumboots.

All the best for the season. May all your hard work pay off!
Cheers, Ben (Ben@nunatriclub.com)



UPCOMING EVENTS

Shepparton Half-Ironman – 10th December 2006
Gatorade Race 2 Elwood – 10th December 2006
"The Sunday Age" Swim for Your Life – 16th December 2006
BBQ @ Moshy's place – 16th December 2006
Nunawading Committee Meeting – 12th January 2007
Gatorade Race 3 St Kilda – 14th January 2007
Portsea Swim Classic – 20th January 2007
Tri Series Race 3 Mordialloc – 21st January 2007
Tri Series Race 4 Sandringham – 11th February 2007

Note: for training sessions & social events, see the website.

- 2 -



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