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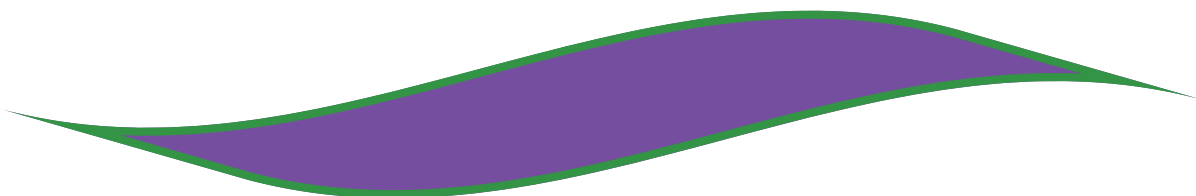
TOMAREE TRIATHLON CLUB NEWSLETTER



TTC RACING AROUND AUSTRALIA & THE WORLD

YEPPOON
KONA
GOLD COAST
TOMAREE
MAIKLAND

WHERE HAVE YOU RACED THIS SEASON?



PRESIDENTS REPORT



Triathlon season is well and truly in full swing with two club races now under our belt. If your thinking about doing the next club race, now is the time to dust the cobwebs off the bike and get active.

The last race saw plenty of die hard triathletes go around in pretty ordinary conditions. Hats off to all of you for fronting up in windy and rainy conditions. Special mention should be made of Mark Preston who was backing up after winning a silver medal at the World Championships on the Gold Coast. Mark always delivers on the day and is a tremendous role model for the rest of us. The next race will be a sunny, windless morning so get organised now.....no excuses.

The first week in November will also see numerous Tomaree members compete in the Scody Half Ironman at Port Macquarie. With legs of 1.9K swim, 90K ride, and 21K run, it will surely test all of our members stamina and endurance. It is a fantastic spectacle and well worth watching. If your free that weekend, take the short drive up to Port and cheer your fellow members on. A bit of support half way through the run makes a world of difference.

Finally, I would like to take the opportunity to again thank all those contributing to the ongoing running of the club. Although it is a small club, there is always much to do. If you have some free time and want to be a part of an easy going, fun Committee, please give me a call and we can discuss how you may be able to contribute.

See you in November for a cracker of a race.

Peter Yapp



NEWS

TTC Swim Squad
Wednesdays 5:30pm
For more Info see Swim Squad
Topic on TTC Forum via
our Website



RACE DATES

13th September	4th October
8th November	13th December
10th January	14th February
14th March	11th April
1st May Club Champs	

Port Macquarie Half Ironman
is just around the corner,
November 1st 2009.

TTC has a heap of people
racing this year and they
would really appreciate your
support.

Why not dress up in TTC
colours and make some noise
to support our guys going
round.

If you get there early enough
you could go for a swim on
the course or a run with
some of the TTC members.

The TTC trip to Goondiwindi is
on again. We are currently
taking expressions of interest.
In order to secure your place,
please see Kev Picton.



Dont forget
“Many hands make light work”
We are always in need of Race Day
volunteers. Please let Graeme
Chamberlain know before race day if
you can help. It is expected that
everyone help at least
once a year. Thanks.

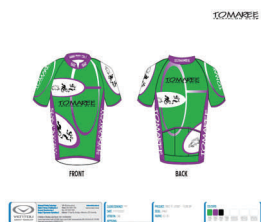


We welcome on board some
new sponsors, Ted's Bike
Shop of East Maitland and Kev
Picton Massage.



NEWS

Cycle Top



Tri Suit



Cycle Knicks



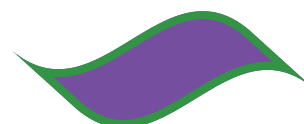
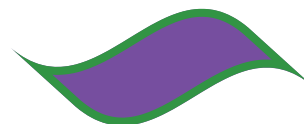
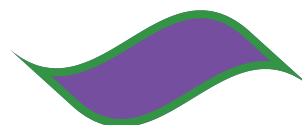
Ironman Top



Uniform & Club Shirt
Orders are now been
taken.

Orders need to be to Carl
ASAP
carl.leonard@bigpond.com
Check with Carl at Next Race

More Information in-
cluding order forms
can be found on the
TTC Website



78A Port Stephens St, Raymond Terrace

Ph: 02 4987 7170

www.activecycles.com.au

Member of the month

Andrew Eyre

Nickname:

Hoolio (don't ask)

Why do you do Tri?

Love keeping fit, enjoy it socially

What's your number 1 triathlon goal?

Kona

How long have you been a member of the TTC?

This is my 4th year

Favourite Distance?

Ironman

Favourite leg?

Left - I am goofy footer

Favourite Food?

Indian

Most embarrassing moment?

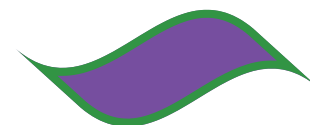
Being passed by Stu P at South West Rocks Tri- twice!

TTC member who you would enjoy beating most?

None- I love youse all

Which 3 people would you most like to invite to a dinner party?

Robin Williams, Bono, Nelson Mandela



Article of the month



New sports drink: coconut water

Simple production process gives tropical countries the key to a booming market

Players in the world's \$1,000 million market for "sports beverages" may find themselves facing an unexpected new competitor: coconut water. FAO has taken out a patent - its first ever - on a new process that would allow manufacturers to bottle coconut water that is biologically pure, very tasty and full of the salts, sugars and vitamins demanded by both sweating urban joggers and serious athletes. The process was invented by Morton Satin, Chief of AG's Agricultural Industries and Post-harvest Management Service (AGSI), whose previous food inventions include high-fibre white bread and wheatless bread. "Fresh coconut water is already highly valued in tropical countries," he said. "A young coconut between six and nine months contains about 750 ml of water - really, it's juice that eventually becomes the flesh.

"It's a natural isotonic beverage, with the same level of electrolytic balance as we have in our blood. It's the fluid of life, so to speak." In fact, during the Pacific War of 1941-45, both sides in the conflict regularly used coconut water - siphoned directly from the nut - to give emergency plasma transfusions to wounded soldiers. Most coconut water is still consumed fresh in tropical coastal areas - once exposed to air, the liquid rapidly loses most of its organoleptic and nutritional characteristics, and begins to ferment. But the production of coconut beverages, particularly as a by-product of processing operations such as coconut cream processing and coconut desiccation, has long interested food manufacturers.

Present processing has a drawback. Most commercial production today is carried out in Indonesia, the Philippines and Thailand, using high-temperature/short-time pasteurization (the same technology used in UHT long-life milk). But thermal processing has a drawback - it eliminates not only the risk of bacteria, but some of coconut water's nutrients and almost all of its delicate flavour. This severely limits the product's marketability. "The way we saw it, coconut water only had a future if we could invent a new cold sterilization process that retained its flavour and all its nutritional characteristics," Satin explained. "The answer was microfiltration technology: you filter the water through a medium - such as porcelain or a polyacrylic gel - that retains all microorganisms and spores and renders the permeate commercially sterile."

Drawing on his experience in the pharmaceutical industry, Satin conceived the new process "in about five minutes" and tested it on four coconut varieties with the help of an Italian consultant food technologist, Giuseppe Amoroggi. They also processed coconut water with added sucrose and L-ascorbic acid, to approximate the vitamin and energy content of major sports drinks. When the inventors noticed some discoloration in the water of one coconut variety - albeit an "attractive pink" - they added lime juice to retain its original transparency. Finally, they called in a panel of tasters, who could detect no difference between fresh coconut water and what came out the other end of the FAO filtering laboratory.

Shoal Bay Pharmacy

Justine Fairbairn & Ruth Mueller
57 Shoal Bay Rd. Shoal Bay 2315
Ph: 02 4981 1247 Fax: 02 4984 2765
Email: dispensary@shoalbaypharmacy.com.au

Open 7 days.
Medicare Easyclaim Facility



Sport drinks vs. coconut water

Component	Sports drink (mg/100 ml)	Coconut water (mg/100 ml)
Potassium	11.7	294
Sodium	41	25
Chloride	39	118
Magnesium	7	10
Sugars	6	5

Late in 1997, FAO officially submitted the new process to patent offices in Canada, Japan and the United Kingdom. The UK patent was granted in May 2000. The Organization is now developing a licensing policy so that the process can be made freely available to a wide range of manufacturers.

The main beneficiaries - apart from sportspeople - will be tropical countries that process or export coconuts, and small farmers who grow them. "Final details for licensing of FAO patents have not been firmly established," Satin said. "However, it is extremely unlikely that the nominal licensing arrangements would ever be a barrier to the uptake of this technology." Morton Satin sees coconut water as a natural contender in the sports drink market (*see our table comparing the composition of coconut water and a leading commercial brand*). "Just think of it," he said. "What could be better than a natural beverage product with the delicate aroma, taste, drinking characteristics and nutritional value of pure, fresh, tender coconut water, plus all the functional characteristics required of a sports drink?"

Bottled energy tastes good, too

In one hour of sustained physical exercise, the body can lose up to three quarts of water through perspiration. In that water are small amounts of "electrolyte" minerals – mainly sodium but also potassium - and carbohydrates (sugars), whose loss leads to fatigue. For most of human history, the remedy to fluid loss was simple: drink water. But since the 1960s, sporting enthusiasts have an alternative – the "isotonic drink", containing not only water but electrolytes and other minerals, plus vitamins, complex polymer carbohydrates and amino acids. Debate has raged over whether these liquids—commonly called "sports" or "energy" drinks – are any better than a balanced diet and water in sustaining physical performance. But that has not stopped enormous growth in demand - sports drinks are now the most rapidly expanding sector of the Western world's soft drink industry, with at least a third of American adults being regular consumers.

Marketing wizards have an explanation for the triumph of sports drinks over plain water. Tests have shown that, after intensive exertion lasting more than an hour, their consumption is beneficial. But in addition, they taste much better: a recent study found that sports drinks come in more than 30 flavours, including apple, banana, cherry, ginger, ginseng, lichee and mango. It appears none is coconut flavoured - yet.

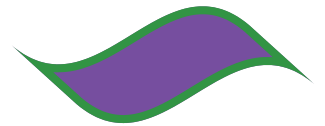
Steve Edsteins

Race Report - KONA

The day started out with the usual 4.30am alarm and the thought that always goes through the mind. WHAT THE HELL WAS I THINKING.

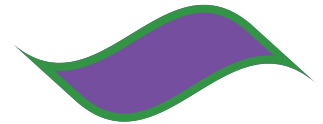
The whole family jumped in the car for the 15min run into town. A few good byes and I was off to the body marking area and drop off my special needs bag. The body marking consists of a stamp that they place in ink and then on your arms (as you see in ITU races)

Once in transition, did the final checks on the bike, caught up with T-Boy and we were off to the start of the swim.

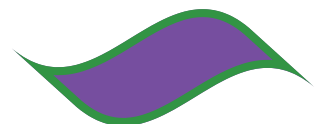


SWIM - The swim at Kona is one of the roughest and toughest, there are so many swimmers that swim within the same time frame, so it was smash and bash for a good 1.9km. I got plenty of hits and have the scratches to prove it. After the turn around the field sorted themselves out a little and had some clearer waters to swim in although I did go off course a little.

BIKE - Settled into the bike with a 12km loop around town, this was going to be the last time I would see family for 6 hours or longer if the day turned to shit. Onto the Queen K and the day was heating up, the calf had been strapped and was giving me grief for the first 30km, due to injuries over the past few months, bike riders were just wizzing past and as you got further on the ride and into the rolling hills you would just see km's of bikes heading down the highway. 60km's in and I was feeling good, the calf had settled, 90km covered in 2hr's 40min things still looking good, but then more issues, the feet started to get hot spots and boy o boy it was uncomfortable, this problem stayed with me for the rest of the bike, but with speaking with others after the race many others suffered the same problem. I knew there was a climb to Hawi but totally forgot how tough and how long it went for, at some stages I was down to 18km/h.



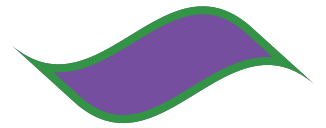
Once at the top and through the turn around where a couple hundred spectators gathered it was off to pick up those lovely vegemite sandwiches. Well what goes up must go down, hitting speeds of 55-60km/h was awesome, but was to be short lived, half way down the hill we hit the winds pulling speeds back to 32km/h, with thoughts of, if this is bad now then the Queen K will be torture. I was right, out on the Queen K 50km to home the trade winds totally picked up as did the heat, sometimes it was a mission to get over 30km/h down hill. For the last 50km I was set a new goal to look after the bike, as the gears were playing up big time, but got her home. The aid stations were set approx 10km apart where the system of fuel was crucial, excess water over the head, throw bottle, replace water on bike, get a new gatorade cold if you were lucky, food then 1 or 2 more water to throw over the head and body, that was very important, trying to stay cool. Came home feeling very strong and feeling fresh compared to other races I've done.



RUN - The run was going to be an unknown due to the limited training I could do, with

mileage limited and only doing 2 x 2hr runs as my furthest distance travelled in my lead up for Kona this is where the day could come to an end. I was off to a good start and feeling strong, again at every aid station I would stop and soak the body with water and take on fuel. At the turn around at Alii Drive I was greeted by the family, always good to see people you know, even if it is only for a brief minute.

Now I had to return along Alii Drive to where were all the fun began, once at the bottom of Palani I walked this hill not to put too much pressure on the calf, once at the top and heading out along the Queen K to the energy lab turn around I was greeted by the family again. Almost half way through the run and the legs were still feeling strong, I knew I was good for at least 21-30km if the calf held up and so far all was good, a few niggles here and there, heading out to the energy lab I got talking to this Canadian guy, we were keep a good pace and kept each other going. With the energy lab behind me it was 12km to home, with a few calculations I had an hour 15min to be home in under 11hrs and that was what I was after, still running strong I was picking up packs of runners, with about 3kms out I picked up this guy which was keeping a good pace with me, thinking, dude if you want to go,go. We both hit Alii Drive for the finish line and just as I turned and looked at him, he said the finish is yours, we picked up 2 more runners as we hit the finish line, coming through to celebrate one of the toughest days of racing, we congratulated each other, but it was the respect that he gave me to have my finish alone that was appreciated.



With a total time of 10hrs 46min which was 20min better than 2007 on a much tougher day, so one happy man.

