

TOMAREE TRIATHLON CLUB



Loud & proud in promoting FUN, FITNESS & FAMILY in the Port Stephens area.

The TTC Army!



Troop Talk

Newsletter...October 2010

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REMEMBER...It is a council requirement that all competitors must have a flashing red light fitted to the back of your bike during the cycling leg.

No Light...No Race!!!





The Presidents' Report

G'Day All

Well, here we are, race No.1 done and dusted. Hopefully everyone who competed in the first race enjoyed themselves. There was some seriously fast times and once again the "youngsters" took out the major prize.

One area of concern for the race officials and one I would appreciate you all being aware of is, we share the roads with the local community. We all know that, legally, we are entitled to an entire lane, however practically, this isn't always possible. Please be mindful of staying as far left as possible, the majority of the bike course has a breakdown lane, make sure, unless you are overtaking another competitor that you keep to the breakdown where ever possible.

We have approached the Council in regards to the potholes and crumbly section of roadway up towards the northern end of the course, so hopefully they will have that repaired prior to our next race.

Keep the December club race date safely tucked away in your racing schedule, as this race will be the "Dave Swan Memorial" race. We will be holding some raffles etc trying to raise so funds that can be donated to Cancer research.

Please also be aware that we have added a short course Duathlon, with distances of a 1.5km run followed by an 11km bike and finally a 3km run. So if you know anybody that may be interested, bring them along.

The new Timing system is up and running and appears to be able to tick all the correct boxes, once we iron out some very minor teething problems, the race results will be available far quicker than at present.

Don't forget that drinks are now available at the Rego tent, before and after the race.

For all those that can relate to the "Medical Alert" below, you are not alone...

See you all at our October race,

Until then train safe

Chambo

UNIFORM/RACE GEAR ORDER

Orders for uniforms and race gear will be taken at the next club race. We should have some samples available for sizing. Orders must be in before the November race with delivery hopefully before the December race.

Tomaree Triathlon Club Schedule Fees & Charges 2010/2011 Racing Season

Adults

Membership Fee (TRINSW Member)	\$35.00
Membership fee (Non TRINSW Member)	\$45.00
Race Cost (All TTC Members)	\$10.00
Race Cost (Non-TTC Members)	\$15.00
Race Pack (Members of Club and TRINSW only)	\$55.00
Tri-a-Tri (one day licence fee only)	\$10.00
NB. Must join the club after one race to continue racing	



Juniors

Membership Fee	\$15.00
Race Cost	\$5.00
Race Pack	\$30.00

Other

Social member (non-racing, Breakfast included)	\$20.00
Breakfast for non-members, non-racing	Gold Coin

**Please make sure that you have registered online
before race day as we do not complete any
registrations on the day!!!**

















www.tomareetriclub.org.au



2010/2011 Race Calendar

For further information/membership/updates go to: www.tamareetclub.org.au

Race Location				All races at Soldiers Point – Adjacent to Salamander Shores Hotel			
Race Distance		Short Course		Long Course		Junior Aquathon	
Triathlons		Swim  250 m	Swim  500 m	Swim  150 or 300 m	Ride  11 km	Ride  22 km	Run  1.5 or 3 km
		Run  3 km	Run  6 km				
Duathlons		Short Course		Long Course			
		Run  1.5 km	Run  1.5 km	Ride  11 km	Ride  22 km		
		Run  3 km	Run  6 km				
DATE		Races		Time			
2010							
17 th October	Short Course Long Course Short + Long Duathlon Junior Aquathon			6.15am: Registration Opens 6:45am: Registration Closes 7:00am: Race Start – SHARP! 8:30am: Junior/Novice Aquathon 9:00am Breakfast @ Clubhouse			
14 th November	Short Course Long Course Short + Long Duathlon Junior Aquathon			6.15am: Registration Opens 6:45am: Registration Closes 7:00am: Race Start – SHARP! 8:30am: Junior/Novice Aquathon 9:00am Breakfast @ Clubhouse			
12 th December	Short Course Long Course Short + Long Duathlon Junior Aquathon			6.15am: Registration Opens 6:45am: Registration Closes 7:00am: Race Start – SHARP! 8:30am: Junior/Novice Aquathon 9:00am Breakfast @ Clubhouse			
2011							
9 th January	AQUATHON ONLY Novice: Swim: 250m / Run: 1.5km Short: Swim: 500m/ Run: 3km Long: Swim: 1km/ Run: 6km Format subject to change			6.15am: Registration Opens 6:45am: Registration Closes 7:00am: Race Start – SHARP! 8:30am: Junior/Novice Aquathon 9:00am Breakfast @ Clubhouse			
13 th February	Short Course Long Course Short + Long Duathlon Junior Aquathon			6.15am: Registration Opens 6:45am: Registration Closes 7:00am: Race Start – SHARP! 8:30am: Junior/Novice Aquathon 9:00am Breakfast @ Clubhouse			
6 th March	Short Course Long Course Short + Long Duathlon Junior Aquathon			6.15am: Registration Opens 6:45am: Registration Closes 7:00am: Race Start – SHARP! 8:30am: Junior/Novice Aquathon 9:00am Breakfast @ Clubhouse			
10 th April	Short Course Long Course Short + Long Duathlon Junior Aquathon			6.15am: Registration Opens 6:45am: Registration Closes 7:00am: Race Start – SHARP! 8:30am: Junior/Novice Aquathon 9:00am Breakfast and Presentation @ Clubhouse			

September Race...

The first race of the season has been run and won and what an awesome morning was had by all. The day could not have been better as we were greeted once again by our favourite TTC member, FANTASTIC WEATHER!! It was great to see all of the familiar faces as well as many new ones showing up to start the season.

The morning went off without a hitch thanks to the many hours of hard work put in by the committee during the off season and the team of volunteers. With the new marshalling roster in place we had more than enough helping hands to fill all of the necessary positions on the day.

Race Day Photos:



Shot of the day.



New club member Neil Watson on his way to completing his first triathlon.

Well done Neil, see you next race!!

RESULTS – SEPTEMBER RACE

SHORT COURSE

1 st	Damian Jenkins	46:34
2 nd	Neil Watson	1:02:50

LONG COURSE

Men – Under 40

1 st	Bryce Woodley	1:08:49
2 nd	Brett Ison	1:09:50
3 rd	Troy Catalovski	1:12:26

Men – 40+

1 st	Beven Ernst	1:09:41
2 nd	Tony Anderson	1:13:29
3 rd	Kevin Wilton	1:15:34

Women – Under 40

1 st	Melissa Geddes	1:18:23
2 nd	Hayley Follett	1:20:39
3 rd	Belinda Farley	1:20:57

Women – 40+

1 st	Jennifer Saw	1:31:57
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JUNIOR AQUATHON

Long

1 st	Izaak Daly
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Short

1 st	Lewis Daly
2 nd	Jake Wozniak
3 rd	Ryan Wozniak

NEXT RACE
17TH OCTOBER



MEDICAL ALERT!!

There would appear to be a condition that has affected several members of the triathlon community during the off-season. The condition, I have been lead to believe, is known as "[Winter Hibernitis](#)".

Symptoms include:

- Fear of early morning rises and an aversion to normal training regimes.
- Increased consumption of food and alcohol.
- Swelling of the abdominal area causing the appearance of "snugness" of triathlon apparel (especially wetsuits).
- A heightened desire to sleep in and watch episodes of "Packed to the Rafters".

Cure:

The cure for this disease is currently unknown and under research, but in the mean time, it has been suggested that locating photographs of "The Spectator" participating in a triathlon has been a "shock treatment" much akin to a frontal lobotomy forcing sufferers into action to combat this debilitating condition.

Stay alert TTCers! Keep your eyes and ears open and report anyone that you feel may be suffering from [Winter Hibernitis](#) to the proper authorities.

In an effort to help others, I have placed here one brave souls methods of combatting this condition. Here is how TTC member Luke Peterson kept busy during the off season...

During the off season I've been flying the TTC colours at a few races. I decided to give the Tri NSW duathlon series a crack as well as the usual running races which I target.

Duathlon series round 1 - Mt Annan botanical park. 6th of June.

Off for race one of the 5 race duathlon series and a fairly cold day. This race was held in the botanic gardens and included a 4.2k run, 18k bike and a final 2.8k run. Quite a nice spot really, nice and quiet and well kept. The run would take place on a road of sorts (one lane only) sort of like a wide footpath really. A bit of cross country and around to transition. Onto the bikes and out onto this path again. Here I am a bit spooked there are a lot of corners and some breaking required off the back of quite a steep hill. A bit bumpy but managed to hold a decent position. Off the bike and got passed by some kid doing a flying dismount... tres' impressive young fella! I couldn't catch him but held on for 9th.

Duathlon series round 2 - Equestrian duathlon. 27th June.

Now this was something completely different for me! An offroad duathlon complete with water crossings, dirt, grass, rocks and a bit of road surface. Held at the olympic equestrian centre. 4k offroad run followed by a 25k mountain bike and another 4k run. The first run is on a crushed rock path for the most part then over grass back into transition and on with the mountain bike shoes, complete with laces and all. Lost a few spots here out onto the bike leg. Starts on the road then onto crushed rock path, then out onto a grassy horse racetrack then into bush tracks over dirt. A water crossing then back onto the road before riding through the stables! Totally cool but bloody hard work. Pedalling a mountain bike can be tough with little reward... especially on the grass. Hung in there although I was a bit slower on the technical sections. Couldn't run down second place, so took home the bronze. Sweet.



Duathlon series round 3 - Mt Annan botanical park. 24th of July.

Starting to get a bit warmer now and in the TTC suit to scare off the opposition. Not my favourite bike course, but keen to get out again. A bit faster this time on all sections and picked up 8th place overall.

Duathlon series round 4 - Parramatta park (Hills tri club). 15th of August.

A really well organised duathlon at Paramatta park with a nice fast course and fairly flat. 3.2k run followed by a 19k bike and then another 3.2k run. Some really fast guys at this race, sub 10 minute for the first run but I could only manage 11.07. Onto the bike and feeling good here. Got to pass a few people and claimed 6th fastest bike split with a 30.08. I enjoyed this bike course, it was nice and wide and smooth. Onto the final run and was a minute slower at 12.08 but still good enough for age group 4th and some points.

Overall I think the series has been great. It's kept me (somewhat) focused on racing and my running has improved. Maybe TTC could consider a duathlon series during this time?

I've finished in the points in all races so am currently in 3rd place in the 25-34 age group (my last year in this AG).

City to Surf

This is a target race for me and I love it. For many years I slowly improved and tried to get a preferred start. Now I have achieved that I find the whole event much easier to race. This year conditions were great. Nice and sunny with not much wind. Got there an hour early in order to get my bag on the truck. Then off to the domain for some laps and a bit of a warmup.

Close to the race start they muster us up the front then make us wait for a while trying to get everyone back to the line. I am maybe 3 from the front by the time the gun goes. Off to a good start, decent pace without being too crazy. Some phantoms joined the race and got in the way but aside from that its quite open. The band was cranking out some rock on top of the pub which was awesome! The crowds were good and the sun shining. Over the top of heartbreak in 26 minutes and thought I might have gone out too hard. But managed to push myself at the pace and finished 52.04. A 24 second PB which is a good result (214th).

Had to get home and take my son to a party so hopped on a free bus, then a free train and was home by 10:30! Well done organisers!

Pub 2 Pub - Dee Why to Newport

Being just two weeks after the city to surf this race is always good since the preparations usually carry over. This run is great, starting on Dee Why beach with a 1k sand run then onto the plateau through Narabeen then up some nasty hills into Newport. Finishing at the Newport arms... lovely!

This year the beach portion had to be cancelled because the lagoon was open due to rain. I was pretty happy with that though because there is usually a lot of jostling as the waves come in. So we started in the park at the end of the beach, some 1.4ks shorter, garmin users measured it at 11.6k all up. I was at the front and got a good start. Fair pace early on and I was holding my place along the flat but got passed by a group of 5 on the first big hill. Still, I pushed the pace and held on for a 42.25 which is a good speed for me and good enough for 12th place.

No time for a schooner, I had planned a longer run back to my car at Dee Why. A nice long run on a beautiful sunny day.

Gate Crashing Warringah Tri Club duathlon

Just last week I decided to crash the Warringah race and fly the TTC colours. First run is a 3k loop and the pace is quick. Although I manage to stay in 4th place, holding onto the leaders. 10.09 for the first run and only 11 seconds down on the leader. Out of transition in 2nd.. they must have stopped for a spot of tea. 7 laps on the bike and I am in

the lead on the 2nd lap.. I hate counting! And people want me to remember to record my own times too 😊 Anyway, off the 21k bike in 33.59 and out onto the final 5k run in first place. Imagine all those Warringah people wondering where Tomaree is. Although I managed the final run in 18.10 it is not quick enough to hold off Ben Hammond who got me by 33 seconds and 5 seconds overall.

I even won some vouchers from their sponsors! Happy days!



OMG!!

Keep an eye out for Luke peoples, if that's his off season, he will be hitting TTC fit, flying and rearing to go!!

Well done Luke!!

Member of the Month

Mick Williams

Why do you do triathlons? Enjoy the challenge, healthy lifestyle and comradery

What is your #1 tri goal? Be satisfied that I have trained and raced to the best of my ability

How long have you been a TTC member? 3 years

What is your favourite tri distance? Olympic

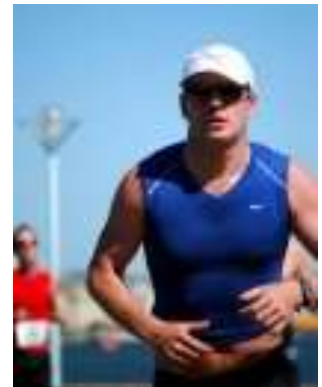
Favourite Leg? Run

Favourite Food? Thai

Most embarrassing moment? It's too embarrassing (c'mon Mick spill it...that's the point. spec)

The TTC member you would most enjoy beating? All of them...

What 3 people would you like to invite to a dinner party? Michael Moore, Kramer and the Fat guy from Monty Pythons Meaning of Life



Bryce Woodley

Why do you do triathlons? I do triathlons for the fun and enjoyment you get from training and competing

What is your #1 tri goal? Short term number one goal would be to qualify for junior ITU NSW provisional squad. Long term would be to become the best triathlete I can be

How long have you been a TTC member? I have been a TTC member for one year

What is your favourite tri distance? My favourite distance is sprint

Favourite Leg? Favourite leg although it not my best would be the bike

Favourite Food? Mums spaghetti bowl

Most embarrassing moment? Would have to be my first cycle race at kooragang waiting to start and falling over with one foot in the cleats

The TTC member you would most enjoy beating? The k train

What 3 people would you like to invite to a dinner party? What's a dinner party? Im 15



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Wrap Up



Well, that's it for this month.

With the new season now underway and everyone training to reach their goals, there should be plenty of race reports, photo's and articles out there to put in the newsletter. Please remember, that without content, there cannot be a newsletter. So if you are doing something a little out of the ordinary or have competed in an event recently, drop me a line so that we can let everyone know.

Good luck to anyone competing in the Maitland Triathlon at Morpeth and the Port Macquarie SIS Half Ironman.

Send content to: nicoletim_adams@yahoo.com.au for inclusion.

Keep checking the website and the forum for information regarding the club.

Spec...

**See you all at TTC on the 17th
for the best "club race"
in the country!!!**

Well, that's what we reckon!!!