

SEPT 09

TOMAREE TRIATHLON CLUB NEWSLETTER



AND YOU THOUGHT 08-09 WAS GOOD



Welcome to another new season! I hope you are fresh and ready to race. Last year was a great year and I believe this year is only going to be better! Thank you to those who have put their hand up to help out on our committee and welcome to any new members

I'm excited about our potential and looking forward to seeing who of our members can take it to a new level this year and what rivalry's are renewed.

Please read and enjoy the newsletter, check out some important information in the news section and have a great year.

Yappy

SPONSORS

We appreciate the support of our many sponsors, if you wish to know more about them please visit our website. Have a business? Would you like to support the club? Why not sponsor!



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thinking outside the square.....



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We'll sit with you so you'll understand!

NEWS

RACE DATES

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

REGISTRATION MATTERS

- We will **NOT** be processing rego forms on the day of our first race (13th Sept)
- **You must join online before the first race.**
- 1st - Go to our website click on "Join the Club" and fill out the form
- 2nd - Either pay online (preferred) or follow provided instructions for the alternate method

ADULT IF TriNSW Member \$30
 IF not a Tri NSW Member \$40
 Per Club Race \$10
 Club Race Pack \$50 (Pre-paid entry to all 8 races for the season)

KIDS Note - At this stage we are unable to stage kids races all entrants must be capable of finishing the intermediate race
 IF TriNSW Member \$5
 IF not a Tri NSW Member \$15
 Per Club Race \$5
 Club Race Pack \$25 (Pre-paid entry to all 8 races for the season)

Welcome and Thank-you to our New & Continuing Committee Members

Dean Morrison, Andrew Daly, Tim Adams, Mick Williams along with the old hands Peter Yapp, Carl Leonard, Graeme Chamberlain, Tim Banner, Kev Picton.

Jolly Good
Show old
Chaps!



NEWS

IT'S ROADTRIP TIME!



The TTC trip to Hell is on again. We expect demand for this premium experience to be high, so we are currently taking expressions of interest. In order to secure your place, please see Kev Picton. (If we get enough bookings we can tell TT he can't come so get in early!)

IMPORTANT News from Council -

It is **compulsory** for all bikes to be fitted with a **flashing tail light** for club races.



A BIG "Thank you" to Lear & Smith at Taylors Beach, they have donated some bags we are going to use as sand bags for our raceday signs.

Congratulations to Scott from Active cycles, Club Sponsor on the birth of a Son. We hope you guide him in the right direction and he takes up triathlon.



Member of the month

Dean Morrison



Why do you do Tri?

Tough question, probably enjoy competing and staying fit.

What's your number 1 triathlon goal?

Qualify for Hawaii Ironman - may have to wait awhile.

How long have you been a member of the TTC?

1 full season.

Favourite Distance?

Long Course and above.

Favourite Leg?

Changes regularly. I like the swim but don't like training, I enjoy training for the run but it normally hurts the worst during the race. At the moment its probably the bike.

Favourite Food?

Pasta or rice.

Most embarrassing moment?

Falling off bike because couldn't get feet out of pedals.

If you could do one race a year which one would it be?

Ironman - enjoy the challenge.

Training gadget you couldn't live without?

Heart rate monitor, but the more gadgets the better.

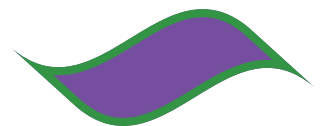
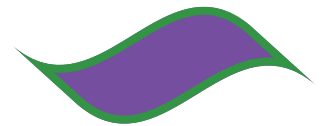
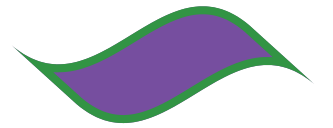
TTC member who you would enjoy beating most?

Kev Picton.

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

Lance Armstrong, Grant Hackett, and someone who knows how to run. - Which would give me the Bike, Swim & Run covered.

Thanks Dean.....



Article of the month

We're all prone to injuries, but which ones? Here's how to sidestep your aches and pains.

By Beth Dreher

From the July 2009 issue of Runner's World

The only thing runners fear more than rabid dogs and porta-potty emergencies is getting hurt. An injury means taking a break, and runners hate the thought of losing fitness, gaining weight, or missing an endorphin fix. But what if you knew what injuries you were likely to face—before a single symptom struck?

Sports physician Jack Taunton, M.D., and exercise scientist Michael Ryan, both recreational runners from the University of British Columbia, were studying sports injuries four years ago when they recognized a lack of data linking specific traits & damage, weight, gender, foot type—to running injuries. So they decided to conduct research that was later published in the British Journal of Sports Medicine. "We found that certain injuries were statistically more significant among particular people," Ryan says. "Women are more likely to experience one kind of knee pain—patella or femoral pain syndrome—while men are more likely to experience another—patellar tendonitis."

Ryan and Taunton's findings focus on six injuries and the runners they most commonly afflict. Whether you're in a high-risk group or not, simple training adjustments can keep you safe. These precautionary measures could save you from the dreaded routine of rest and rehab.

Achilles Tendinitis

What It Is Tenderness in your lower calf near your heel that usually strikes when you push off your toes
You're at Risk Men with a BMI of 25 or higher (a man who is 5'10" and weighs 175 pounds, for example) who run a nine-minute-per-mile pace or faster

Why The Achilles absorbs several times your body weight with each stride. A faster pace and additional body weight put even more stress on this tendon.

Prevent It Strengthen your calf muscles (with your toes on a step, lower and raise your heels). Stretch your calves (keep your heel on the ground, lift your toes back toward your shin).

Others at Risk People who regularly run hills (the Achilles has to stretch more on inclines) and who have increased their mileage more than 10 percent per week (sudden increases in mileage strain the tendon)

Medial Tibial Stress Syndrome

What It Is Pain and soreness along the inside front of the lower leg, commonly called shin splints

You're at Risk Runners whose feet roll inward excessively (overpronate)

Why The posterior tibial tendon, the connective tissue that gets sore with shin splints, runs into the arch of the foot. If your feet roll inward, this tendon has to work extra hard to counteract that motion.

Prevent It Wear motion-control shoes. Strengthen your calves (hold dumbbells while doing toe raises). If you've had daily shin pain for longer than a month, see a doctor for a bone scan to rule out a stress fracture.

Others at Risk Beginning runners; people who train on slanted surfaces; women who wear high heels.

Patellar Tendinitis

What It Is Pain in the tendon that connects the kneecap to the shinbone

You're at Risk Men with a BMI of 25 or higher or who have a history of playing basketball and have suddenly increased their weekly mileage

Why The patellar tendon helps your leg extend during running or jumping, but that repeated motion can create small tears in the tendon. After years of activity and then a sudden increase in mileage, your body may struggle to repair those tears. Extra body weight doesn't help.

Prevent It Keep your weight in check. Do squats to strengthen the patellar tendon and stretch your quads and hamstrings. Avoid increasing mileage by more than 10 percent per week.

Others at Risk Runners with a history of tendon injuries; overpronators

Patella or femoral Pain Syndrome

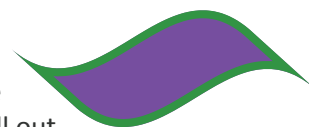
What It Is Pain and stiffness around the kneecap

You're at Risk Women who run a 10-minute-per-mile pace or slower

Why Ideally, your kneecap glides smoothly in the groove at the end of your thighbone. But because women have more flexible joints and a more extreme angle from hip to knee (called the Q angle) than men, their kneecaps are more likely to fall out of alignment. Pain intensifies at slower speeds because the knee goes through less range of motion, putting more demand on a smaller area of the joint.

Prevent It Strengthen your quads, hamstrings, and glutes with squats and lunges to stabilize your kneecaps and help keep the pelvis level while you run.

Others at Risk Runners who overpronate, have flat feet or high arches



Iliotibial-Band Syndrome

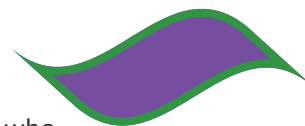
What It Is Inflammation in the band of fibers that runs along the outside of the knee to the top of the shin

You're at Risk Women with a BMI of 21 (weighing 135 at 5'7", for example) or higher who do a weekly long run of two hours or more and run hills often

Why Extra body weight puts a heavier load on the hips and more pressure on the IT band. Long runs fatigue the muscles that help stabilize women's hips. The hips sag more than normal on each step, straining the band. During a hill workout, the knee stays bent longer, which also increases tension in the IT band.

Prevent It Strengthen the muscles around the IT band with leg walking (loop a resistance band around both ankles and walk sideways in one direction, then the other). Use a foam roller to loosen the band.

(Others at Risk People who run on slanted surfaces; runners with leg-length discrepancies



Plantar Fasciitis

What It Is Inflammation of the tissue along the bottom of the foot that's usually worst first thing in the morning

You're at Risk Men over 40 who have a family history of the injury

Why The make-up of the tissue in the plantar fascia is stiffer in men and gets less flexible with age. Experts think it could be a genetic condition.

Prevent It The fascia tightens overnight, so stretch your calves before getting out of bed (straighten your legs; flex your toes). Strengthen your calves with toe raises or eccentric heel drops.

Others at Risk People who wear shoes that lack good arch support (flip-flops, ballet flats); pregnant women.

