Noosa Triathletes Inc. Just Tri It! Club Newsletter

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Recommended Citation

For a truly inspiring read, I can thoroughly recommend Lance Armstrong's autobiography "It's Not About the Bike". A wonderful story of courage and conviction & complete recovery from a life threatening tragedy. He was in the worst 3% of cancer patients. He faced almost certain death. He had multiple operations & the most drastic chemotherapy. Within 3 years he completely recovered, won the Tour de France in 1999 & 2000, married & had a child. This book holds a message for all of us - you have to believe and you have to fight. Get it from Dwyers Bookstore, Hastings Street (Club Sponsor).

Locally we have our own wonderful recovery story. Nick Croft, leading triathlete of the early 1990s became seriously ill in France in 1995 doing Ironman races, came home, had a couple of major operations last year, gradually started training again & ran the Noosa 10km as his first event for 5 years and recorded 36 mins 43 secs, the fastest time by a Club member and third in his category. AND he had a sore hip! All the best Nick for your continued recovery.

The Club Tent worked very well at the Noosa Half Marathon day. The three massage therapists, Melissa, Kathryn & Emma provided a superb free post race recovery service to members. See article. And we sold over $300 worth of T shirts (many thanks Jasmine Ormsby). It was a good Club meeting place for competitors, friends, family & supporters and gave us a high profile resulting in more new members. Nearly 40 members did the Noosa ½ Marathon/10k/5k on a perfect Noosa Spring day with some notable performances. In the 10k, Hazel Edmond won her age group. John O’Ryan came 3rd, Janet Gemmell 2nd. Gary Turner had the best club result in the ½ marathon coming 7th in 1.34. Good to see Mary-Ann Hill doing the 10k. See full results.

Long term sponsor, Sportspower is now stocking Ironman Wetsuits, filling a big local need. (my 1st Ironman wetsuit in 1995 knocked 9 minutes off my swim time!!!) 10% discount on production of current member's card. Trevor also kindly discounted the price of our 2 new timing devices purchased with the Sustagen grant. Our thanks to these two generous Sponsors.

With the tri season just starting the Club race on Sunday 24 September is a must on the official new Noosa Tri 2000 course. Race briefing by Nick Croft, bumper breakfast & 40 random draws including Elagen Sports, established triathlon supplement. If you don't want to do the whole thing, let us know and we'll help form teams. This is our biggest event of the year, get there early!

The new Club Coaching sessions with Nick Croft are going well, more attending the swim sessions and the Transition Training on Sat 9 Sept was well attended and informative - you can teach old dogs new tricks!

The season’s championship deciding Sustagen Supersprint Race is on this Sat 16 Sept, 6am Noosa Lions Park. Phil Scott is still leading after 6 races but six other members could still grasp the prize (choice of shoes from Sportspower). Ian O'Dwyer (personal fitness) & Dr Richelle Barker (chiropractor) gave free assessments for members after the last 5k and Richelle will be back again this Saturday. Both have already helped many of our members with injuries, thereby improving performances. Take advantage of this free service to members.

Our Lions Club shed is adequate but could be improved. We are considering adding a covered deck if we can get a grant. The Lions Club are happy in principle. Any ideas, fellow members and particularly those in the building fraternity who might like to suggest plans & tender for the job? Once we have drawings and price, we can seriously apply for Council permission & a grant.

Well, the new season beckons. With this fantastic weather could there be a better place in the world than Noosa at the start of the Tri Season? And the Olympics start on Saturday. See you at the Sustagen Supersprint on Sat and you'll still be home in time to watch the Women's Triathlon. And don't forget the club race on Sunday 24 September - another reason to celebrate that day, it's Ted Vale's 70th birthday. Many happy returns, Ted.
Discounts

Present your Club Member’s Card to receive a discount from -

Sportspower, 5447 4033, Noosa Junction - Now stock Ironman Wetsuits. 10% discount, only with card

Wok in Noosa - 10% discount, Roundabout, Noosa Junction 5448 0372

MA MENSAN - 10% DISCOUNT 6 HASTINGS ST, 5449 2328

Coolum Cycles 10% discount & special offers. Yandina Rd, Coolum 5446 4388

Bill Causer Mobile Auto Repairs 10% discount 5449 1918 or 0409 604 505

Image of Beauty - 10% off Beauty Treatments 5474 4666

Noosa River Shopping Centre

Mammoth Cycles - 10% discount - Noosa River Shopping Centre 5474 3322

“AMC Noosa 5” Cinema 5447 5130 “Don’t forget Tuesday night is just $7.50”

Noosa Sports & Spinal Physio, Aerobic testing, muscular skeletal screening & core training advice. Discounts apply 5473 5944

Looking Ahead!

Following requests from members to review our Race Calendar, the committee & Nick Croft, our new Club Coach took a long hard look at how best we could structure our Club races to complement external events which members may wish to participate in. Here goes – because the Noosa Hill Duathlon appears to be a bit of a shock to start off a new season, we have included another duathlon first, but a short flat one (3/15/3), replacing the June 15k road run (we are a tri club after all); we’ve included a Masters Distance in August as a lead in to the new Tri Season and before the very popular September full Olympic distance, pre Noosa Hit out. As the Masters Distance is so popular & excellent training, we have included 4 by special request but in January we’ll give newcomers the opportunity to do a Half Masters. We’ll keep the Multi loop format just before big races such as Hervey Bay & the Noosa Tri. The idea of a multi loop before a big event is to give you Transition practice. You don’t have to do the whole thing “eye balls out” but as Nick suggests, you do the 1st loop as a WARM UP, the 2nd a HIT OUT, and the 3rd a COOL DOWN! Makes sense, doesn’t it? We’re keeping the Handicap Eliminator in April because those who do it, love it and we’ll be following last year’s format of putting everyone through the first round and start eliminating after the 2nd round.

If you have any comments, good or bad, please phone our Vice President, JAN CROFT 5474 8995.

This is how it all comes together -

2000

24 Sept Olympic 1.5/40/10 pre Noosa Tri

22 Oct Multi loop 150/6/1.5 x 3 transition training

26 Nov Masters 1/30/8 Family fun & BBQ

17 Dec Xmas Tri Multiloop

2001

28 Jan 500/15/4 & Masters 1/30/8 do half or full pre Forster

18 Feb Long course - 2/80/20 pre Hervey Bay for everyone else

Short course - 1/30/8

18 March Multi loop 150/6/1.5 x 3 pre Mooloolaba

22 April Handicap Tri, 150/6/1.5 x 4 post Byron Bay

20 May Masters 1/30/8 no 15k Fun Run

17 June Duathlon (flat) 3/15/3 Good tri training

29 July Noosa Hill Duathlon 4/30/4 1st Tri for season

19 Aug Masters 1/30/8 pre Noosa Tri

Sept Olympic 1.5/40/10 transition training

Oct Multi Loop 150/6/1.5 x 3
EVENTS COMING UP ......

Sat, 16 Sept  
Sustagen Super Sprint Handicap Race 7 - LAST RACE  5k

24 Sept  
CLUB TRIATHLON - on the Noosa Tri 2000 course  1.5/40/10

24 Sept  
Qld Sprint Duathlon Championships, Eagle Farm  3/18/3

Thurs, 28 Sept  
Nick's Track Training, Read Park Tewantin  6pm

Sat, 30 Sept  
Nick’s Clinic “How to do a PB at Noosa Tri 2000”
Noosa Aquatic Centre

Sat, 7 Oct  
Nick’s Transition Training, Lions Park 6am

15 Oct  
Bribie Island Series

22 Oct  
CLUB MULTI LOOP TRIATHLON  100/6/15 x 3

29 Oct  
Noosa Qld Aquathlon Championships  2.5/1/2.5

4 Nov  
Pura Noosa Superkidz Triathlon

5 Nov  
Noosa Triathlon (USM)  1.5/40/10

12 Nov  
Forster ½ Ironman  1.9/90/21.1

26 Nov  
CLUB MASTERS DISTANCE  1/30/8

3 Dec  
Cabarita Half Ironman  1.9/90/21.

17 Dec  
CLUB XMAS FAMILY TRI & BBQ
multi loop

26 Dec  
Triple Sprint Aquathlon, Robina

If we have a club tent at the Noosa Tri 2000, we need helpers to man it. It was a huge success after the Noosa Half Marathon/10k5k. We could also have drinks & refreshments??

Race Directors & General Helpers Needed!
If you are not racing, why not offer to be Race Director or helper. And you automatically go in the Random Draw.
We need helpers for September in particular, as well as other races. The Director gets guidelines and plenty of back up from the committee and regular volunteers.
Talk to Jenny Hales 5449 0521 ah

HALF PRICE ENTRY TO NOOSA TRI 2000
Volunteer helpers at the Superkidz Tri on Saturday 4 Nov (the day before the big one) get Half Price entry to Noosa Tri 2000.
Simply write on your Application Form that you are willing to help out on the day. Expect an early start. USM 5449 0711 for info.

New Club Clothing
Would you buy a Club Cycling Top & Nicks specially designed with Club colours & logo? We can only order if enough members want them.
Please register your interest by 25 Sept with
Jasmine Ormsby  Ph. 5474 8409 or 0408 195 367
or Jan Leverton 5442 8922 Email leve@bigpond.com
Thanks to Robert Morrell for these pics.

**RESULTS NOOSA HALF MARATHON/10K/5K**

Sunday 27 August 2000

**10k RESULTS**

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USM said that the 5k results were not timed, but the following members completed it:
- Lynne O’Ryan, Gillian Denny, Kathryn McKenzie, Emma McKenzie.
- Apologies if we missed you.

Let us know and we’ll print your time next month.
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Well where do I start. I was born in Gympie; I have always been fairly heavily involved in sports, (& probably always will be). In primary school it was either soccer in winter or cricket in summer. I seemed happy with this until I hit high school & started to play footy. So cricket soon dropped out. It was on the footy field that I learned some truths about life: knees are extremely useful in busting tackles & the second & most important one, year eight fullbacks shouldn't try to take year 11 front rowers. This one little tackle, or missed tackle, saw me left with my lower arm hanging at weird & wonderful angles as I was soon taken to hospital, where I was told what I was sure was just a dislocation, was actual multiple fractures in the elbow that would take an operation & 3 metal pins to put it back in place, not to mention a week long stay in hospital. After numerous stuff ups at the hospital, I lost faith in the medical profession. It was about a week later that I realized I had to find something else to do for the next three months while the arm healed, especially since certain teachers refused to let me play footy or soccer with my arm in a cast, (not that it stopped me playing after school). This whole event happened at a very critical time of the year & changed my sporting life; it was around the 11th week of November & out of boredom found myself watching the Noosa Triathlon. My first impression - wow! this looks like fun & with my cast off just two weeks after this I began running & saving to get a bike.

However since Cooroy had a lack of training facilities i.e. a pool that opened at reasonable hours it was pretty impossible to compete. So I started running cross-country at school but never really lost the hunger for triathlon & from that time on I've "had the bug" for all sorts of endurance sports.

By now there's running & footy & I was pretty comfortable with this until my second season in club footy. I was playing for Noosa Under 17 when we had made the semis just after the last fixture match, which we won by 2 points to scrap in. We were playing the bottom team which we had beaten four weeks earlier by nearly 80 points & thought we'd walk into the semis without any trouble until the ref started to blow his whistle & we ended up with a penalty count off 22 to 2 against us. Now I've got to admit we weren't the cleanest team in the comp but we weren't that bad. This ref, not once but twice penalised our kicker for being offside from his own kick much to the astonishment of the crowd, the second call saw our whole forward pack blow up with rage at the call & resulted in the whole front row being sent off, which was a real croc when you're down by 4 points with 5 minutes to go. But the good news was an intercept try saw my inside centre score under the post & take a two-point victory. After we got knocked out in the first semi I decided along with half the team that we'd had enough of busting our guts only to get beaten by the ref in the last five minutes, so we gave footy away.

This was when I was introduced to Maui Thai kickboxing. This was great it satisfied my male testosterone driven need for adrenaline, pain & aggression. After about 10 months training, I soon became disillusioned with only getting to fight once in a blue moon & decided to focus my attention on triathlon. The male testosterone need for adrenaline would just have to go without or so I thought. Then I discovered cycling - it fitted in well, as the cycling season is the triathlon off season. That was when I found I could sprint well on the bike & bay, this was an experience in a pack of about 50 riders into the last corner. A right angle corner at over 50km & into the finishing straight saw bikes & elbows flying everywhere in a mass sprint. I managed to grab a third after being boxed in for part of the finish. Since then, cycling, especially the sprint finishes has satisfied the need for adrenaline & general stupid risk taking that young guys are supposed to be involved in.

That takes us up to today pretty much where triathlon is still my main focus & cycling is just some crazy races I do in the off season, to keep my bike leg up to speed. My immediate goals are basically to get as fast & as fit as possible. According to my Vo2 max Test results (75ml/min/kg) done at one of the Brisbane universities on a bike, I should be pretty fast if I can ever learn to run & swim properly. See you at the next race.
A record number 39 people ran on a perfect morning. Another dilemma with the timing machine but two new machines are on order from Trev at Sportspower and we'll have them for the last race. Thanks to all the timers, Mary plus Bardie, Sandra, Anja & Emma. With a battery of watches we believe all times were accurately recorded. Congratulations to Garth McLachlan coming first with a PB of which there were 13 in total. He was chased home by Tim De Vries and Julie Drysdale. Allan Wallace flashed home in 16.32, a PB and the quickest run so far. Once again there were many tight finishes and desperate sprints for the line.

Of the first timers, Pete Saphin produced a highly creditable 18.56 and he might be even quicker when the surgeon removes a bit more. Best of luck with the op Pete.

The series overall is still led by Phil Scott with 167 points but Amy Fisher crept 7 points closer to 151 points, both producing further PBs. Phil is the favourite to win the series outright but mathematically any one of the top 7 could win the first prize as 40 points can be gained by coming first with a PB time. Can Phil do yet another PB?

Special thanks to Kevin once again for spot prizes - Hahn Premium 6 packs, Brendon for the Coke and Sustagen for the sports drink & training diaries (more still available). Newcomers to the final 5km to be held Saturday 16 September, 6am registration, Noosa Heads Lions Park will go off scratch. This is the Sustagen Supersprint Series Championship decider so we hope everyone will achieve a PB so then we can race home and watch the start of the Women's Olympic Triathlon (coverage starts 9am). All competitors, members, non members, helpers & supporters welcome.

Dr Richelle Barker will again be providing free chiropractic assessments to any members present.

Caz Seipolt
TRI TALKABOUT!

Colin Smyth of sponsors Smyths Hairdressing has transformed Jan Leverton to a blonde! Jan was assured that blondes swim faster!

Noosa Tri Club is getting some good publicity. Announcing Nick Croft as our 1st ever Club Coach, Channel 10 interviewed Nick for the 6 o'clock news on Thursday 7 September & the Noosa News printed the story the next day, Friday, 8 September 2000.

Tri club coach appointed

NOOSA Tri Club has appointed two-time Noosa Triathlon winner Nick Croft as its first coach.

Club president David Achesson said Croft would bring a wealth of knowledge to the organisation.

"We are very fortunate to secure the services of one of Australia's best and most experienced triathletes to coach our members," he said.

Croft said his aim was to help the club members of all standards.

Robert Morrell clashed with a car on the new roundabout at Noosa Parade. Fortunately Robert only suffered soft tissue damage and was glad that his skull stayed intact while his helmet split in two. Take extra care on new roundabouts. Drivers still think they can cruise straight through and often don't see a cyclist already on the roundabout.

Nick Croft has landed a plum (should we say plummy?) job with the BBC (world's best sports coverage e.g. Wimbledon) as UK commentator for the Olympic Triathlon. Well done Nick, but don't lose your Aussie accent.

SUPERB MASSAGE AFTER THE NOOSA HALF/10k/5k

A big thank you to our Sponsors, massage therapists Melissa, Kathryn & Emma for giving a free taster of how massage can help you recover following a race (or a hard workout). Thanks to USM for the tent space at the Noosa Half/10k/5k on Sunday 27 August. It was a perfect day! All those who benefited are most grateful. If you'd like more of the same -

Melissa Taylor - Myotherapist - 0409 004 224
Kathryn Cross & Emma - 0419 794 415
(Remedial massage) or 5442 5167

A reminder of the layout of massage beds on the day

Having the tent there after the race proved a huge success & David Hill is keen to take the tent to more races such as Hervey Bay, Mooloolaba and at the Noosa Tri 2000, but he'll need some help?

Call David - 5474 8645

ELAGEN SPORT

Following the inclusion of the flyer from Elagen Sports, we had so many requests from members we decided to bulk purchase this product. So instead of paying $41.50 incl postage, Club members will pay just $25 per tub of 90 capsules. (Non members $30) Available from David or Sandra Tel. 5448 1774 or at Club Races cash or cheque only.
In my second article I am going to look at Heart Rate monitors and the ways in which they can help you get the most out of the time you have to train. It's a two-part article, which will be spread over the next two editions of the club newsletter.

Why use a Heart Rate Monitor?

We all know that the harder we exercise the faster our heart beats. The Heart Rate Monitor is basically a rev counter, giving us an exact measurement of our exercise intensity. Some of the other benefits are:-

✓ Maximises the benefits for people with limited time to train
✓ Allows you to monitor and measure your own progress
✓ Individualises your training programs. Train easy and train hard when you are meant to.
✓ Increases your motivation by witnessing your own improvement.
✓ Using a "third party". Are we improving?

You will need to know 3 simple things to be able to use your Heart Rate Monitor effectively:

Resting Heart Rate
Maximum Heart Rate
The Karvonen Equation

Resting Heart Rate
This is best taken when we wake up in the morning while lying still in bed. This will decrease as your fitness improves. Make a habit checking your pulse every morning and record it in a training dairy.

Maximum Heart Rate
The easy (and inaccurate way) way – men 220-age / women 226 -age = Max Heart Rate (approx)

This formula can be used initially if you have had a long break and are just returning to the sport. If you have been fit for a while then this method can be quite inaccurate. Your max Heart Rate will generally be different for each of the disciplines with running usually returning the highest maximum due to the use of more muscles during the activity. This may be followed by cycling and then swimming. Remember that everyone if different and some athletes will be different from what’s just been stated.

The Maximum Heart Rate changes very little in relation to our fitness. It does however, on average drop by 1 beat per year. The most accurate way of finding out the max Heart Rate is by having a maximal stress test on a treadmill or stationary bike carried out by a sports Physiologist. This does run into some cost and is out of reach for most to be able to do on a regular (up to 3 times per year) basis.

Field testing for max Heart Rate is usually the option that most people take. Here are some examples of ways you can determine your max for the 3 disciplines:

Running
Find (or drag or bribe) somebody of similar or slightly better ability than you to accompany you during the test. You will need to be in a fairly well rested state and motivated to give 100% effort. Warm up for at least 15-20min prior. I have found a 5km time trial on a 400m running track to be a good distance to get a maximum. You will need to race (at a realistic pace) as hard as you can over this distance with the last 400m being an all out effort. During the final lap you should glance at your monitor to select the highest reading as your maximum.

Cycling
The same principle applies as the run except you could do the test on the range road climb building into it mostly seated with 75-85 rpm cadence, being well warmed up and attacking the climb for a time trial to the top. Do it with a partner or two and race to the top with the last 200m an all out sprint out of the saddle.

Swimming
Make sure the monitor is water proof then warm up 20min including some 50m repeats 25m hard /25m easy. Do a set 3-4x 200m repeats as hard as you can with a 45 sec recovery.

If at a later date you notice, in a race for example, a higher reading on your monitor than previously, then that would become the new max for that leg.

Remember that you should always consult your doctor before testing your maximum Heart Rate in field tests.

In part 2 on Heart Rate in the next newsletter I’ll talk on the Karvonen Equation and how you find your true training Heart Rate zones.

Train Smart
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