Redcliffe Tri Club Tribune Newsletter July 1999

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Congratulations to Kirsty Jackson (above), seen here receiving the state bronze medal in the under 11 age group, presented at the recent "Triathlon Queensland" awards function. Congratulations also to Lauren Harris who was presented with the state silver medal in the under 15 age group. Both girls have worked hard throughout the year, and deserve our recognition and encouragement.
**After many hours of hard training, Chris Parkinson has decided that, since Forster Ironman has passed, it's time to relax, so has put on quite a few kilograms as a result. A new haircut has also changed his appearance. Recently, while having a few drinks at a Mooloolaba Hotel, the barman looked at him for a while, before saying, "Hey, I know you, you're that Phippsy from that TV fishing show!"**

**Parko No.2 At the recent Caboolture to Maleny relay run, Parko was making ground on another team runner, while the rest of the R.T.C team were shouting encouragement from the bus.... "Go Parko, you've just caught him by 1 minute this last kilometre" and then it was, "Go Parko, you've now caught him by 2 minutes that last kilometre". Parko powered past the opponent, a huge cheer went up, but it was soon learnt that the other runner was simply warming down from his previous run!

**Farewell to Terry Colbert. In a week or two, Terry will be moving to Japan to take up a position as a lifeguard at a Japanese holiday resort. Terry has quit his job in the bakery to take up the job. He'll now get the opportunity to stare at buns of a different kind.**

**Oh, what a night! The club's awards night at the Full Moon Hotel at Shorncliffe was a top one. Those who attended had a great time, and some had a better time than others! For someone who doesn't usually say two sentences, Peter Donnelly sure made some noise! After the dinner and awards were concluded, a large group adjourned next-door to enjoy a bit of dancing and singing with the guitar man. "Peewee" was enjoying the guy's skills a little too closely, 'cause at one stage, a security gorilla came over and gave him an option.....chill out or get out. The two got on famously after that, and Peewee's even thinking of asking the gorilla out for drinks and a movie!**

**Quote Of The Month: while out for their regular walk recently, Jane and Mindy Deane were getting quite a few toot's from motorists. Mindy's comment, "Jeez, now they've got 2 horns they can't take their hands off!"**
Annual General Meeting
Sunday 18th July 1999

LOCATION: Endeavour Park, Endeavour Esplanade, Scarborough — 12:00 Midday, to be held after the Junior Duathlon which starts at 6:30 am (don't forget to come and help)

(expected to be very short)

Your attendance is requested for the club’s Annual General Meeting. All positions will be declared vacant, and you have the opportunity to have your say on the direction of your club. Also, any written Notices of Motion should be in the hands of the club secretary (SHIRLEY VOSS, 7 MAUD ST ALBANY CREEK) by July 4.

Position nominations can be submitted at the AGM if necessary. Listed below are the club’s positions to be decided at the AGM:

*President
*Secretary
*Treasurer/Registrar
*TQ Rep/s
*Club Coach/s
*Social Director
*Public Relations Officer
*Newsletter editor/s
*Race Committee

Redcliffe Tri Club
1999
Junior
Duathlon Series

HELP!

Assistance will be required from Club members for the Junior Duathlon races which the Club is staging again this year. The dates for our Annual Junior Duathlon series have been set at July 18, August 8, and September 5. If you are able to assist at any of the races, please advise Peter or Ken Adriaansen.
Presidents Report For 1998/99

As another triathlon season comes to a close, I wish to take this opportunity to congratulate you all on your involvement and achievements this past twelve months, and thank you sincerely for your support and friendship throughout a long but enjoyable season.

Our club once again has experienced a period of progress, and is due in a large part to the hard work of a few people who have had your club’s interest at heart. My thanks to my fellow executive members Shirley Voss and Peter Adriaansen for their efforts throughout the year. Congratulations also must go to the club’s coaching staff, Graham Bliss, Les Holm, and Shirley Voss, for their encouragement and experience which they have shared with you all throughout the year. I am sure you will agree that without their assistance many of us would not have had the success and satisfaction which this year has brought to many of us on race day.

Congratulations must go to many within the club who have excelled through their hard work. Lauren Harris and Kirsty Jackson were silver and bronze state medal winners respectively in their categories, and indeed are two of many of our juniors who should be recognised for their fine efforts. We had several national representatives within the club in Casey Stuart, Cameron Munro, Peter Donnelly and Damien Newman, who all gained national selection for the triathlon world distance event in Canada later this year. Geoff Heydon will wear the green and gold in Sweden (long distance triathlon champs.) and in the U.S.A (world duathlon champs.), while Doug Locke will race in Redcliffe colours when he tackles Hawaii in October. Congratulations to all juniors and seniors for a very successful year.

Our club again played host to the “Junior Duathlon Series” and the “All-School Duathlon Championship”, and the success of these events were due to your assistance and involvement. I hope this willingness to be involved in club ventures can continue, as it can only promote our club’s fine reputation for junior development and promotion of the sport.

In closing, my thanks go to all of you who have been involved with the club’s progress through the season, and have been supportive to myself over the past year. My congratulations are conveyed to all who have participated, be it from school level to ironman, and particularly to those who have been supportive partners and friends, for without these people, our efforts would be fruitless.

I hope that the triathlon season ahead is a rewarding one, and you enjoy the time you spend achieving your goals. Good luck and good health!

Ken Adriaansen
President
The Redcliffe Triathlon Club has been generously donated an entry to the entire 11 race Series of USM New Challenge Races for the upcoming season (value $330).

The Club has decided to conduct a draw from amongst its members to allocate this Series entry. All you have to do is become a member or resubscribe your membership to the Redcliffe Triathlon Club. The closing date for subscription to enable you to be in the draw for this prize is 31st July 1999.

So get your subscriptions in early to be eligible to win this New Challenge Series entry.

As an incentive for members to assist at the upcoming Junior Duathlons which the Club is staging, two lucky draws will be made after Race 3 in the series for those members who have helped during the series. Your name will be placed in the barrel for each time your assisted. i.e. 3 races - 3 times, 2 races - 2 times, 1 race - once only.

Redcliffe Tri Club's golf day

The club had its social golf day on Saturday 26/6/99 at the Aspley Pin High Golf Complex. 16 men and 2 ladies participated and everyone had a great time, and the opinion is that it should become an annual event.

There were a few trophies up for grabs. The award for the lowest score was a tight contest, with Mark Austin winning from Geoff Heydon on a countback. Geoff went on to win the "Super Putter's Trophy", with just 14 puts over 9 holes played. Joanne Austin took out the women's trophy, with Mandy Hooley only 2 shots behind.

We've finally found Brett Jackson's weakness...lack of sleep. Jacko won the trophy for the highest score, with a total of "Hey, you're kiddin'!" There were also some nice shots on the par 3 holes, with Wade Lynch left with only an 8 foot putt on one hole, and Danny with a similar shot on another.

A few more competitors would have strengthened the contest, but those who attended had a great time, and are already practicing for next year's competition. Thanks to Andrea Colbert and Mark Austin for organising the event.
AIMS: 1. To have fun
2. To exchange training ideas and broaden our horizons
3. Read No. 1

WHEN: Friday 30th July, Saturday 31st July, Sunday 1st August

Arrive at any time after 6.00 p.m. to settle into cabins etc. Friday night will be a provide own meal arrangement

GENERAL THINGS
1. Cost has been calculated based on numbers determined on the night of the club presentation. If you didn’t express interest but have had a change of mind you are most welcome. Cost of the weekend is $35 per head for the weekend.
2. ADDRESS CURRIMUNDI RECREATION CENTRE
CURRIMUNDI RD
CURRIMUNDI

Currimundi is a alcohol free zone. We have arranged caterers (they are terrific) but we will need help with serving and clean up

3. WHAT TO BRING
1. sense of humor
2. bedding
3. clothing
4. triathlon gear- bike, windtrainer, shoes, etc
5. teddy bear
6. notebook/pen
7. clothing/outfit for Saturday night dinner. Dinner theme is “In another life I’d like to be..................”

FOR MORE DETAILS PLEASE CONTACT GRAHAM BLISS ON 32854115.

ANY COMPLAINTS CAN BE DIRECTED TO DANYON ON THE SAME NUMBER.
STEAM OFF THE MELON" OR THE CABoOLTURE MALeny RELAy 1999
GRAHAM BLISS

Fifteen years after first being lured to the Caboolture Maleny Relay , the appeal, the excitement, the comr<J~<lry and the utter physical and mental exhaustion of the day remains intoxicating . For the uniniti<Jte~ Caboolture Maleny is a 64k relay involving a team of between 5 and 8 runners with no runner exceeding 16k. In addition noone can run more than once.

This year Redcliffe Tri Club ; competing under the alias of Beyond 2000 Pest Control , was aiming to beat our 1997 time of 4.10.04 , hopefully slip under the magical 4 hour barrier and maybe even regain the Corporate category trophy we won 2 years ago.

THE BIG DAY

The weather was fantastic for running, ducks and staying in bed with a good book. It was pretty average for spectating. At one point in the mountains vis<Jbility was down to twenty metres and it was raining so hard that a call went out for wetsuits and flippers.

1ST RUNNER CAMERON MUNRO -10K -34.49

Cameron showed a terrific return to form for the team in recording an unoffiql P.B. for the tough opening leg. Cheered on by a bevy of beauties in the van, Cameron put us into second place behind the team from Intraining.

2nd RUNNER PETER DONNELLY -10K -35.26

Peter's remarkable improvement as a runner was on display for everyone to see as he attacked the big hills either side of Wamuran and started to eat into the Intraining lead. By the end of his leg the Intraining side, who had started brilliantly was within reach.

3rd RUNNER GEOFF HEYDON -16K -56.29

The flat section through Woodford and towards the mountains were ideal for Geoff. Fresh from a 33.05 first 10k at the Amberley Duathlon the previous week, Geoff quickly gained his rhythm and shortly after gained the lead in our division . ( Unfortunately we were overtaken ourselves towards the end of the leg by the very strong QMRRRC team ) Overall a super run by Geoff who was still in full training for his Australian representative debut at the World Long Course Championships in Sweden.
Danny had a section leading into and up the first of the major hills of the day. As the conditions worsened Dan set about consolidating the team's position. A strong effort so soon after Ironman. Well done.

Tough conditions called for someone with heart and Parko answered the call. Given the hardest leg of the race, Parko attacked the monster hills with the sort of determination which we know only he can muster. On a day of memorable performances this was the one to stand out!

Jacko had every reason not to run well; he had just finished an allnight shift at work, he had been resting after a long and successful season, all his mates were teasing him after Mary rode faster than him at Amberley BUT he didn’t use any of them as he powered through a challenging section of the course. A really good effort which was acknowledged by the official team food taster, Scott Lavery, who commented that "he ran so hard he’s got steam coming off his melon". GO JACKO !!!!!

Inspired by the performances of his team mates, Terry, who was making a rare appearance on the race track, ran like a man repossessed! Terry scroched through his undulating section to ensure a podium finish for the team.

Somebody had to run the glory leg into the town to receive the cheers of the pretty girls and who better than the baby of the team. Myles ran solidly to the line to stop the clock at 4.01.44; an 8 minute 30 second P.B. and second in the Corporate section.

Overall a good day out with a very good result. Driving home, a little quieter than on the way to the finish, the talk was of where that extra 1 minute and 45 seconds could be found. Who knows and does it really matter? One way or another there is always next year and the search for the elusive perfect performance at this terrific race.

Thanks go to our team sponsors Beyond 2000 Pest Control and Chiquita. And special thanks to Neville Munro, for being transportation officer, Josh Munro for being a mobile aid station and Wade Lynch for his shrewd statistical analysis. Thank you also to the nice policeman.
**At the Brisbane Marathon day in May, Mary Jackson and friend, Irene, chose to run the half-marathon in a more challenging way than usual—they each pushed wheelchairs seating kids from the Caboolture hospital. They got in some sprint training when they stopped at the tap for a drink, and forgot to put the brake on!**

MARY and IRENE (pictured above) pushing two girls from the hospital with cystic fibrosis. It was an opportunity for the girls to experience something they will never get an opportunity to do (and a chance for Mary to pay Irene back for all the night duty she's given her!)
# RACE RESULTS

## LOOK Winter Series Duathlon — Eagle Farm — 6 June, 1999

**run 3km / cycle 18km / run 3km**

<table>
<thead>
<tr>
<th>Place</th>
<th>Nbr</th>
<th>Name</th>
<th>Final Time</th>
<th>Cat/Pos</th>
<th>Run</th>
<th>Cycle</th>
<th>Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>3</td>
<td>Stephen Sleswick</td>
<td>0:50:44.9</td>
<td>A 3</td>
<td>0:09:35.5</td>
<td>0:30:18.3</td>
<td>0:10:31.1</td>
</tr>
<tr>
<td>18</td>
<td>21</td>
<td>Cameron Munro</td>
<td>0:51:16.2</td>
<td>E 4</td>
<td>0:09:51.3</td>
<td>0:30:38.5</td>
<td>0:10:46.4</td>
</tr>
<tr>
<td>43</td>
<td>105</td>
<td>Leon Colbert</td>
<td>0:53:21.9</td>
<td>K 7</td>
<td>0:10:53.6</td>
<td>0:30:13.6</td>
<td>0:12:14.7</td>
</tr>
<tr>
<td>45</td>
<td>73</td>
<td>Doug Locke</td>
<td>0:53:37.3</td>
<td>I 9</td>
<td>0:11:18.8</td>
<td>0:30:48.5</td>
<td>0:11:30.0</td>
</tr>
<tr>
<td>47</td>
<td>111</td>
<td>Brett Jackson</td>
<td>0:53:43.4</td>
<td>K 8</td>
<td>0:10:40.7</td>
<td>0:31:53.4</td>
<td>0:11:05.3</td>
</tr>
<tr>
<td>56</td>
<td>85</td>
<td>Heath Simpson</td>
<td>0:54:33.0</td>
<td>I 11</td>
<td>0:10:57.1</td>
<td>0:32:14.5</td>
<td>0:11:21.4</td>
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</table>

**Teams Results**

<table>
<thead>
<tr>
<th>Nbr</th>
<th>Team</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>256</td>
<td>Team Sinclairs</td>
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</tbody>
</table>

**BROOKS Fun Results : run 1.5km / cycle 6km / run 1.5km**

<table>
<thead>
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<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>264</td>
<td>Lachlan Stretton</td>
<td>0:27:56.5</td>
</tr>
</tbody>
</table>

**Super Kids 7 to 9 Results : run 500m / cycle 2km / run 500m**

<table>
<thead>
<tr>
<th>Place</th>
<th>Nbr</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>309</td>
<td>Kirsty Jackson</td>
<td>0:10:40.3</td>
</tr>
<tr>
<td>38</td>
<td>310</td>
<td>Tamara Jackson</td>
<td>0:15:03.6</td>
</tr>
</tbody>
</table>

**Age Group Results : run 10km / cycle 40km / run 5km**

<table>
<thead>
<tr>
<th>Place</th>
<th>Nbr</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>88</td>
<td>Geoff Heydon</td>
<td>2:01:14.9</td>
</tr>
<tr>
<td>15</td>
<td>119</td>
<td>Mark Bristow</td>
<td>2:03:47.9</td>
</tr>
<tr>
<td>47</td>
<td>65</td>
<td>Cameron Munro</td>
<td>2:09:52.4</td>
</tr>
<tr>
<td>88</td>
<td>108</td>
<td>Brett Jackson</td>
<td>2:16:35.2</td>
</tr>
</tbody>
</table>

**Teams Results : run 10km / cycle 40km / run 5km**

<table>
<thead>
<tr>
<th>Nbr</th>
<th>Team</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>229</td>
<td>Mary/Irene Huey &amp; Duay</td>
<td>2:49:04.9</td>
</tr>
</tbody>
</table>

**Junior - Under 11 Results : run 1km / cycle 5km / run 500m**

<table>
<thead>
<tr>
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<th>Nbr</th>
<th>Name</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>9</td>
<td>217</td>
<td>Kirsty Jackson</td>
<td>0:27:22.7</td>
</tr>
</tbody>
</table>

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**Sunday 20 June 1999**

**AUSTRALIAN DUNATHLON CHAMPIONSHIPS**

**RAAF Base Amberley**

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Kirsty Jackson

At just 8 years of age, Kirsty is starting to enjoy the sport which wasn’t invented when most of us were her age! Her training and dedication is starting to reap rewards, with a top 5 placing in her age-group becoming a regular occurrence. In this season’s under 11 “Triathlon Queensland” Championship, Kirsty’s consistency saw her collect the bronze medal. Also, at this year’s “Brisbane River Run” in June, she ran the 10km trip (“without stopping”) in an impressive 60 minutes flat. (“I had to wait for dad”).

Kirsty’s future ambitions include being a life saver/pool attendant, and just having fun in general. She enjoys running, swimming and cycling, as well as spending time playing basketball and polishing up her skills on the playstation!

She has a few dislikes which fall in the areas of having to go to bed too early, waking up late, and “Mum not letting us watch the Simpsons on T.V.!” Some of the people Kirsty admires are Susie O’Neil, triathlete Joanne King, and the “boy band” The Backstreet Boys.

Kirsty’s equipment includes SPEEDO goggles, a newly-acquired racing bike, SCOTT ASPEN helmet, and NIKE running shoes.

Andrea Colbert

Andrea has been with our club for several years since “migrating” from the Penrith club. She has been competing for about four years, and enjoys the friendship and good times associated with the training and racing. She enjoys competing at all distances, but lists her highlights as having completed the Australian Ironman event in 1998 and 1999 in the target times which she had set out to achieve.

Andrea’s future ambitions are to simply enjoy life with family and friends. She enjoys spending her spare time taking long walks with her two best friends, her dogs Barney and Jasper. One thing which she doesn’t enjoy is being passed very closely by speeding cars and trucks while she’s out cycling. (hey, who doesn’t!)

Andrea admires many people for different reasons, whether it be achieving their own personal goals, big or small, or for those who contribute toward the success of others without personal gain themselves.

One of the people that she has a lot of admiration for is husband, Leon, and his attitude towards life. Although Leon has a very hectic work and sporting schedule, he always manages to find time for family and friends. Leon is a very positive, determined person, who always looks on the bright side of life and never says “never”. He tries to see the good in everyone, and help anyone in need. Leon’s motto is one which she also tries to adopt, “Learn from life as if you are going to live forever, and live each day like you are going to die tomorrow”.

Andrea’s training and racing equipment includes an ORCA wetsuit, NETTI helmet, TREK bike, SHIMANO bike shoes, and ASICS runners.
Pride to beat the pain

REDCLIFFE Triathlon Club member Geoff Heydon will call on the motivational power of the green and gold to help him through the gruelling world long-distance championships in Sweden next month.

Heydon will tackle a 4km swim, 120km bike and 30km run in the race outside Stockholm.

The 26-year-old will take part in the 25-29-years division of the tournament - his first world championships, in his first trip overseas.

Heydon qualified by finishing fourth in his age group at the "Hell of the West" triathlon at Goondiwindi over a 2km swim, 80km bike and 20km run course.

To prepare for the race, he has been training twice a day during the week, rising at 3am to cycle and run before going to work and then swimming at night.

Both days each weekend are spent training.

His dedication points to an athlete who has had a lifelong dream to represent his country, but Heydon only took up the sport three years ago.

A squash player for 15 years, Heydon accepted a bet from a mate three years ago to enter a triathlon and has been hooked since.

His workload alone would be enough to tire Heydon, but he is still recovering from the Forster Ironman triathlon last month.

Competitors complete a 3.8km swim, 180km bike leg and full marathon in the Ironman in the hope of qualifying for the Hawaiian Ironman race, the most famous of all triathlons.

Heydon said, while the world-championship course in Sweden was shorter than an ironman race, it would be just as intense, with the 30km run set in mountainous terrain.

After pushing himself for hours in the swim and bike legs, Heydon said wearing the Australian uniform for the first time would give him the boost needed to complete the run.

Despite training for almost 25 hours each week and foregoing a normal social life and late nights for months on end, Heydon said the goal of competing in the world championships made the sacrifices easier.

"When you get something like (the world championships)... all the early mornings... it just makes it worthwhile," he said.

— Emma Greenwood

In addition to Geoff's selection in the National long-distance triathlon team, he has also gained selection in the national team to contest the world duathlon championship in the U.S.A later this year.

Congratulations must also go to Casey Stuart, Peter Donnelly, Cameron Munro, and Damien Newman who have been selected in the Australian team to race in Canada at the World Triathlon-Distance Championship. Heaps of hard work and dedicated training have finally paid off. Well done guys!
REDCIFFE TRIATHLON CLUB
PRESENTATION NIGHT - 3/7/99

CLUB CHAMPIONS

Male 15yrs & Under: Lachlan Stretton
Female 15yrs & Under: Kirsty Jackson
Male 16 - 29yrs: Casey Stuart
Female 16 - 29yrs: Le-Anne McGrath
Male 30 - 39yrs: Brett Jackson
Female 30yrs & over: Andrea Colbert
Male 40yrs & Over: Barry Pearce

Junior Encouragement Award:
Kirsty Jackson

Presidents Trophy:
JANE DEANE
MINDY DEANE

Club Spirit:
DOUG LOCKE

Sponsors Presentation:
Phil & Dianne Hungerford
The Run Inn

Kay & Tony Newman
Harvey World Travel - Redcliffe
Female 16 - 29yrs: Le-Anne McGrath

Female 30yrs & over: Andrea Colbert

Male 30 - 39yrs: Brett Jackson

Presidents Trophy: Jane Deane
Mindy Deane
Junior Encouragement Award:
Kirsty Jackson

Sponsors Presentation:
Phil & Dianne Hungerford
The Run Inn

Life Membership Presentation:
PETER ADRIAANSEN

Club Spirit:
DOUG LOCKE
FUN AWARDS

"Athletic Supporter's Award"
THE AUSTIN FAMILY

"Lovely Legs Award"
LISA LOCKE and LES HOLM

"Best Bum Award"
NEV MUNRO and JG AUSTIN
"Missing Person Award"
DON GRAY

"Spit The Dummy Award"
CHRISS PARKINSON

"Superfish Award"
MARY JACKSON

"Crash Test Dummy Award"
PETER DONELLY
Congratulations to Graeme and Jo Schache on the recent birth of their son, Isaac, and to Scott and Tundra Albion who are new parents of a daughter, Catherine. The new kids are healthy, the parents are tired, and our sport has two more potential champions. Congratulations to you all!
Spring tune-up: Get your bike in shape

It is safe to say that the average triathlon bicycle does not get all of the necessary TLC that it needs. That's understandable. When spring weather rolls around, it's tempting to jump on your bike, hit the roads and forget about the more mundane aspects of cycling, like cleaning the chain, adjusting derailleurs, checking bolts and ... yawn. But spring maintenance is essential for a lot of reasons, not least of which are the big races later in the year. If you take a few basic steps now and do some regular minor maintenance during the season, you will have a better-performing bike and fewer breakdowns.

First of all, you need to know what to do and when. How to do some of these items are covered here; get a good maintenance book or the assistance of a mechanic for more details.

**What to do**

**Basic parts replacement**

1. Replace your chain. Now. It's like taking a shower once a week whether or not you need it. The chain is the part through which any power you intend to transmit into forward motion must pass. It had better be running smoothly and meshing properly with the gears. If the new chain does not skip on the cogs, you changed it soon enough — in other words, before ruining the cogs and chainrings!

   The chain gets worn and elongated over time. Once worn, it does not fit properly into the gear teeth any more and wears them out rapidly. It becomes too flexible laterally to perform quick shifts when the derailer pushes it. It can skip when you are really pounding out of the saddle and land you on your face.

   You should check for excessive cog wear. Throw out (or recycle) beat-chewed-up sprockets and chainrings and get new ones.

2. Replace your cables and housings. Yes, both brake cables and shift cables. You do not notice the decrease in performance that happens over time as those things get worn and sticky. You also are running an ever-higher risk of one of them breaking every year you leave the same ones on. Just do it.

   You actually cannot go as fast if your cables are not running freely. If you can't do quick, crisp shifts, you will lose a few feet with every gear change. It can add up. You also cannot modulate your brakes well, because you have to pull so hard to get them to come on. If you cannot feel precisely when your pads touch your rims so that you can subtly increase or decrease the speed reduction as needed, you will be overbraking. The more you slow down unnecessarily, the more energy it takes to get back up to speed, not to mention the lost time and distance. You can only dip into your energy bucket so many times before it is empty.

3. Replace your brake pads. Chances are, those things are way past due for replacement. You don't have to be a rocket scientist to understand the benefit of good pads. While you are at it, get really good replacement pads that will stop you more quickly, especially in wet conditions.

4. Replace your rear derailleur jockey wheels if the teeth look uneven, chewed-up or pointed. Again, get good ones — ones with sealed cartridge bearings. The top one should also have built-in lateral float.

5. Replace your handlebar tape. This doesn't seem so important, but it is. The tape covers the part that least want to ever break on your bike. Inspect your handlebar (and aero' bar) for corrosion and cracks. Replace it (or them) immediately if you find any. If you live near the ocean, swim a lot or ride regularly, consider changing your bars once a year. It's worth it.

6. Inspect your cogs, especially the small ones, for wear. Some go for the chainrings. If you can lift your chain up enough off of a gear while the chain is engaged to expose tooth valleys, it is shot. Hook-shaped teeth are dead giveaways. Rohloff's "go-check" tool is a more reliable way to check for excessive cog wear. Throw out (or recycle) beat sprockets and chainrings and get new ones.

7. Replace the cleats on your shoes. Mark the position of the old ones first so you can put the new ones in exactly the same position. Grease the new bolts when you install them.

8. Replace your clincher rims' strips. Those things can split or wear through and give you a flat at the most inconvenient of times. Might as well replace your tires and tubes while you are at it, unless you have done that recently.

**Other annual maintenance to do now**

1. Overhaul bottom bracket.

2. Overhaul headset.

3. Overhaul hubs.

4. Clean and lubricate freehub.

5. Overhaul pedals.

6. Pull out stem and seatpost, clean, grease, and replace them to the same depth.

7. Lubricate: (a) brake caliper pivots and spring contact points, (b) brake lever pivots, (c) front and rear derailleur pivots and spring contact points, and (d) pedal spring pivots, springs, and clip edges.

8. Check wheels for trueness, rims for deep wear on the braking surfaces and cracking at the valve holes and seam, and spokes for tension and corrosion.

**Weekly maintenance**

1. Wipe down and lubricate chain. Replace it every 2000 to 3000 miles.

2. Lubricate the springs and pivots of toe-style pedals with oil and their cleat-holding clips with White Lightning or another dry chain wax.
PANTHERS TRIATHLON CLUB
"The Family Club"

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Sponsored by: Panther Cycles
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To: Redcliffe Triathlon Club
From: Panthers Triathlon Club
28th June 1999

On behalf of Panthers Tri Club, I wish to apologise for the error made regarding the Forster Ironman Challenge between competitors from Redcliffe/Panthers Tri Club.

After all the results from our 39 contingent competitors from the club, an average was taken from their finish results and we realised that it was a lower rate than previously stated.

Therefore the Redcliffe Tri Club won the trophy. I will attempt to forward the trophy up to you over the next few days for you to proudly display to your members.

Sorry once again and we look forward to competing against you in 2000.

Regards

Tina McPherson
Club President