

February 2011 West Lakes Lakers Newsletter

<http://www.lakers.com.au>



The latest Laker has arrived! Laker members, Sam and Steve Sturm welcomed Ethan Harrison Sturm to the world. As first time parents I am sure they are really enjoying their time with bubs and along with the rest of the Lakers we wish you guys all the best!

The triathlon season continues to gain momentum. This month saw the Sate Sprint Titles up for grab and the ver popular Tunarama triathlon in Pt Lincoln.

A lot of Lakers are also in final preparations for Ironman NZ and others going through some big training weeks for Ironman Oz. Good luck and happy training to everyone, whatever your goal is for the season!

The Buzz
Issue 12 – February
Contact: mr.cameron.maher@gmail.com

Race Results

Ironman Western Australia (Busselton), December 5th 2010

3.8km swim / 180km cycle / 42.2km run

Apology

In the last edition of the Buzz I mistakenly did not include one Laker who completed Ironman WA in the results list.

Naomi Hill completed the Ironman in a time of 13 Hours, 21 minutes and 10 seconds. What a great result for Naomi. Well done!



Naomi Hill competing in the Ironman race in WA. Well done.

LATE NEWS

There is another little Laker that has just arrived. Current Laker Social Co-ordinator and former Australian Triathlete representative, Louise Mills and her partner, Damien, have just had their first baby.

Kai Douglas Mills was born on Thursday morning (10th February) at 7:17am, weighing 7lbs 2oz. News is that both mum and bubs are doing well.

Congratulations to the Mills and all the Lakers wish you the best.

(this news is so hot off the press, there are no pictures available of Kai, yet)



Proud parents
Damien and Louise Mills



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Race Results

23rd Sam White Triathlon, 16th January 2011

750m swim / 19.5km cycle / 5km run

Sam White Triathlon – Long Course

Name	Age Group	Time	Overall Pos	Cat Pos	
Daniel	LOCK	Open	1:01:19	5	5
Nick	MUXLOW	Open	1:02:07	6	6
Danny	SALTER	Open	1:02:33	7	7
Anthony	MEADE	Open	1:03:55	11	9
Benjamin	CLARK	35 - 39	1:04:02	12	2
Mason	BARNES	30 - 34	1:04:17	15	2
Michael	ROELINK	20 - 24	1:05:40	24	3
Stan	GARLAND	45 - 49	1:06:21	26	1
Nathan	WARBURTON	40 - 44	1:06:37	27	2
Tom	JEFFREY	20 - 24	1:07:29	36	4
Ian	BERRY	55 - 59	1:07:58	38	2
Andrew	SHORT	50 - 54	1:08:07	39	1
Tony	BRADY	55 - 59	1:08:18	40	3
Grant	IRONSIDE	40 - 44	1:08:46	44	5
James	LEVINSON	35 - 39	1:08:58	46	5
Sarah	CALTON	Open	1:09:29	47	4
Chris	GOODRICK	30 - 34	1:09:49	52	6
Kevin	DUFFY	55 - 59	1:09:53	55	4
Damian	NEWBERRY	40 - 44	1:10:07	56	6
Zoe	DUFFY	Open	1:10:15	57	5
Sean	KINCHINGTON	25 - 29	1:10:16	58	2
Jane	ROTHE	Open	1:10:46	62	7
Neil	FOSTER	40 - 44	1:12:12	71	8
Robin	GROOM	35 - 39	1:12:29	73	10
Nancy	CULLEN	50 - 54	1:13:32	82	1
David	MCGLASHAN	45 - 49	1:14:51	91	9
Mary	MITCHELL	50 - 54	1:15:13	94	2
Sophie	HOLT	30 - 34	1:15:26	95	1
Michele	MUFFORD	45 - 49	1:16:08	103	2
Rick	DALEY	60 - 64	1:16:19	105	1
Craig	STEVENS	45 - 49	1:16:23	107	11
Dominic	MOLYNEUX	45 - 49	1:17:20	114	13
Terry	MCCONNELL	45 - 49	1:17:36	118	14
Kevin	CARR	50 - 54	1:17:50	120	8
Gary	THOMPSON	55 - 59	1:18:09	126	6
Emma	CLOUGH	30 - 34	1:18:12	127	2
Peter	LINES	50 - 54	1:18:31	129	11
Serin	ROBERTSON	35 - 39	1:19:39	134	1
Danielle	TAYLOR	35 - 39	1:19:39	135	2
Milan	CALIC	40 - 44	1:21:08	139	12
Jan	DALEY	55 - 59	1:22:43	145	1
Chelsea	GUYMER	20 - 24	1:22:59	147	1
Mark	MILLER	40 - 44	1:24:05	151	13
Ashlea	BARTRAM	20 - 24	1:25:10	157	2
Louiza	HEBHARDT	35 - 39	1:31:07	171	6
Rita	BENNINK	50 - 54	1:31:16	172	5
Carl	NOUTZ	40 - 44	1:33:01	175	15
Gary	ADAM	55 - 59	1:35:48	180	8
Helen	SHEPHERD	50 - 54	1:44:30	183	6
Therese	MOORE	50 - 54	1:58:07	185	7

Race Report by Nick 'Spiderman' Muxlow

(thanks heaps for this Nick – and if anyone feels like writing up a race report for any race at all, please forward it to me for inclusion in the Buzz)

The Sam White Sprint Distance triathlon was held on the 16th of January with a huge turnout from all clubs. The occasion, the race counted as the State Sprint Distance Championship. Despite a slight headwind down the main West Lakes straight for the bike, conditions were fantastic for racing. The Lakers had an amazing day claiming many age group crowns. The overall champions were Matt White and Maria Kosztovits. For the Lakers, first across the line was Dan “back from retirement” Lock with a solid 5th in the open category. While in the women’s open field, three Laker ladies contended with Sarah Calton claiming the bragging rights with 4th place, with Zoe Duffy and Jane Rothe not far behind claiming 5th and 7th respectively. Of note was Sarah “i cant ride a bike” Calton’s effort claiming the fastest bike time of the three girls! Secret training maybe Sarah?



Zoe Duffy exiting the swim

In the age group results, the Lakers had an outstanding achievement, claiming 6 age group titles. Stan "Pimp Daddy" Garland showed the way claiming victory in the 45-49 age group, and despite different age groups, Stan also managed to claim victory over fellow mate, club captain and champion Rambostic by 16 seconds. Next race it will be on for young and old! Other age group titles went to the Daley's, Rick claiming the 60-64 title and Jan the 55-59 title. Nancy Cullen showed she still has the goods claiming the 50-54 title. While not to be forgotten, Sophie Holt claimed the 30-34 title with a solid all round performance and Andrew Short took line honours in the 50-54 age group.

Other notable performances came from Mason Barnes who managed to fall part way through the run, but got up and put it all on the line in a sprint finish, only to fall one second short and claim 2nd place.

Well done to all members and in particular all those who are new to the club. Please come and mingle by the Laker's tent so we can get to know all the new faces.



*State Champion,
Nancy Cullen,
powering on in
the run*


Sam White Triathlon – Short Course					
Name		Time	Age Group	Overall Pos	Cat Pos
Denis	PERRY	0:25:43	30 - 34	4	3
Jason	BERRY	0:26:00	30 - 34	5	4

Congratulations to the two Lakers who completed the Short course event. Denis Perry edged out Jason Berry for the bragging rights in a close contest. Great work guys!



The start of the race

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Race Results

JT Cycles Triathlon, Race 4, 26th January 2011

1200m swim / 33.6km cycle / 8km run

JT Cycle Race 4					
Name		Age Group	Time	Overall Pos	Cat Pos
KEVIN	FERGUSON	OPEN	1:36:39	6	4
DANNY	SALTER	OPEN	1:40:36	9	6
BENJAMIN	CLARK	35-39	1:45:40	23	3
JAMES	LEVINSON	35-39	1:46:10	25	4
MASON	BARNES	30-34	1:46:13	26	1
NATHAN	WARBURTON	40-44	1:46:18	27	4
GRANT	IRONSIDE	40-44	1:46:53	30	5
MICHAEL	ROELINK	20-24	1:48:02	35	4
CHRIS	GOODRICK	30-34	1:48:22	38	3
SEAN	KINCHINGTON	25-29	1:48:34	40	3
TONY	BRADY	55-59	1:49:38	46	2
MARK	KIRTLAND	50-54	1:50:27	50	2
FELICITY	LLOYD	25-29	1:50:42	54	1
ANDREW	SHORT	50-54	1:51:28	62	3
COLIN	CLARKE	55-59	1:51:40	63	3
IAN	BERRY	55-59	1:52:06	67	4
TRISTAN	FERGUSON	20-24	1:52:37	72	5
SOMPRASONG	LAINGAM	40-44	1:52:47	74	8
JANE	ROTHE	OPEN	1:52:53	75	2
STAN	GARLAND	45-49	1:53:03	77	9
PAUL	BROADLEY	40-44	1:53:16	79	9
KENT	DREDGE	40-44	1:53:20	80	10
MARTIN	MANCHEFF	45-49	1:53:44	83	10
ALASDAIR	KINGHAM	20-24	1:54:18	90	7
SHANE	GOSLING	40-44	1:54:22	91	12
NEIL	FOSTER	40-44	1:54:24	92	13
NANCY	CULLEN	50-54	1:55:20	96	1
RICK	HUTCHINS	35-39	1:56:20	103	15
GRANTLEY	WHITE	35-39	1:57:33	109	18
TRUDY	FENTON	50-54	1:57:50	113	2
DAVID	MCLEOD	50-54	1:57:51	114	7
DEAN	GARRETT	25-29	1:58:40	120	11
PETER	LINES	50-54	1:58:56	123	10
CRAIG	STEVENS	45-49	1:59:48	127	14
KEVIN	CARR	50-54	2:02:15	140	11
RICK	DALEY	60-64	2:03:22	149	1

The Australia Day triathlon is fast becoming a favourite race for the SA season. There was a huge turnout and, again, the Lakers had the most members racing! Great effort to everyone! In all events the distances were increased slightly from all other JT Cycles races and it was great to see so many people step up and give it a go.

In the Challenge race we had just on 50 members racing. There were some standout performances which included Ben Clark storming home in the tough 35-39 age group to claim 3rd position. Grant Ironside and Michael Roelink also showed they are really improving with very solid performances finishing with great times.

Chris 'Goody' Goorick also continues to impress and looks in ridiculously good form heading into IM New Zealand. Tony Brady is also in this boat and with performances like this is scaring a lot of his competitors in the 55-59 age group. Felicity Lloyd is also smashing her opposition and won her age group in an awesome time of just over 1:50.

Jane Roth continues her climb up the elite ladder by claiming second in this category. Great work Jane.

Well done to everyone else that completed the distance. It always keeps inspring me seeing people step up and achieve their goals.

GARY	THOMPSON	55-59	2:05:33	167	8
MILAN	CALIC	40-44	2:06:54	171	18
VERONICA	SCHLIEBS	25-29	2:07:14	174	2
DIANA	BORDEAN	20-24	2:07:24	175	2
TERRENCE	MCCONNELL	45-49	2:08:30	180	19
ALLY	BENBOW	35-39	2:11:06	189	4
JA	KEPLIN	40-44	2:12:57	194	6
SARAH	MCEACHERN	25-29	2:17:20	211	4
LOUIZA	HEBHARDT	35-39	2:23:37	222	5
NIKI	WATSON	25-29	2:31:35	229	6
ALEX	ASHDEN	50-54	2:32:07	231	5
MISTY	MUNDAY	30-34	2:35:50	233	5
HELEN	SHEPHERD	50-54	2:49:51	234	6
MARY	MITCHELL	SPIN	1:21:02		



Colin Clarke during the run

JT Cycles Race 4 – Tinman					
Name		Age Group	Time	Overall Pos	Cat Pos
BOBBY	EDWARDS	35-39	0:50:18	2	1
CAMERON	MAHER	35-39	0:53:08	12	6
JASON	BERRY	30-34	0:56:36	34	7
CHRIS	CARTER	55-59	0:57:01	40	1
DANIELLE	NOUTZ	35-39	1:02:57	121	4
ALANA	HORAN	25-29	1:03:01	125	9
MELINA	CALIC	35-39	1:03:08	128	6
CARL	NOUTZ	40-44	1:04:59	144	19
THERESA	MOORE	50-54	1:26:56	206	2
Jt Cycles Race 4 - Mini					
DENIS	PERRY	30-34	0:17:07	1	1
BYRON	GOODRICK	10-12	0:21:30	11	3



Club Captin, Nathan Warbnurton during the run

The Tinman event was also well attended by the Lakers, with Bobby Edwards just missing out on overall victory in a sterling performance. Jason Berry stepped up and had a great race as well as Chris Carter, who also won his age group. Well done Chris.

It is also great to see people stepping up the distance and setting great times. Great effort by Theresa Moore, who is another Laker who keeps achieving great results.

In the Mini event it was Laker Denis Perry who led home everyone in a blistering time of just over 17 minutes. Well done Denis. Young Byron Goodrick also pushed hard with a very solid race, finishing in 11th overall and on the podium in his age group. There were rumbings in the Goodrick camp that young Byron has got Dad in his sights – look out!

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Lakers Member Profiles

Ian 'Arch' Berry

Name: Ian Berry

Age: Somewhere between Cameron Maher and Rick Daley (56)

Occupation: Educational Consultant. I'm a teacher by training but now work with school principals attempting to deal with school problems, as well as teacher professional training.

Where did you grow up: I haven't grown up yet but lived most of my life at Henley before it was trendy, and in the western suburbs

Nickname: Previous football club nicknames included Bazz, Truro (ask me about this one sometime!) and Rubberman (because I didn't ever seemed to get hurt. Times have changed!!). Don't mind "Arch", the nickname given to me in triathlon by Cameron a few years ago, as in "arch nemesis".

Favourites:

Food: A range of seafood dishes and I have a real sweet tooth.

Drink: Gatorade. There is nothing better than being offered a Gatorade as you cross the line in Ironman after drinking six litres of the stuff during the race!!!!

TV Show: Love The Simpsons and Family Guy, and I am getting into Modern Family. Love any inspirational documentary about people striving to achieve.

Music: Changes with my mood. I am open to anything and even listen to Triple J. What a cool guy!!!

Athlete: Chris McCormack in triathlon. This guy has got the most out of his ability. Am a great fan of athletes like Peter Norman who took a courageous stand against racism in sport and the world in general. Loved Muhammad Ali in the past, a great boxer with principles, a great athlete and a great entertainer.

Football Team: Passionate Henley Football Club supporter in Div One Amateur League. Enthusiastic supporter of Woodville/ West Torrens in SANFL. Less passionate supporter of the Crows, and would rather eat cold vomit than say anything nice about Port Power (or is that Port Flowers!)

Triathlon leg: Anything on dry land, but the run is probably my best leg.

Previous sporting background: Played juniors at West Torrens FC and had a very brief senior career there. Played 270 A Grade games and coached at Henley and am a life member. Also played junior district basketball at Forestville, and serious tennis until I was about 19.

When did you start triathlons: Did a couple with a neighbour about 12 years ago. Had no idea what I was doing, and couldn't swim. Some people would say nothing has changed! Decided to get serious about 9 years ago and joined the Lakers

Why the Lakers: Was watching a race at West Lakes years ago and started talking to Rick Daley in the Lakers tent. He invited me out to ride with the club. It nearly killed me but I was inspired by the people and their positive attitudes.

Most embarrassing moment: Having to be rescued by the paddlers during the swim leg of a triathlon years ago. Had sharp chest pains and thought I was having a heart attack. Eight hours later I was discharged from hospital with a diagnosis of a strained muscle in the chest!!

Have you had your 15 minutes of fame: Had a photo taken with Paul Keating when he was PM. Keating jokingly told me at the time that if the photo ever got into the media my budding political career was over. It did and it was!!

Had a bit of fame recently when we won the Porsche.



Ian enjoying himself during the run

What are your Triathlon goals/plans: Current focus is on New Zealand Ironman. Just taking it one race at a time!! Look forward to doing more races with my son Jason if we can teach him to swim

Best triathlon race: Any race where you win a State Title is satisfying because of the quality of the opposition in my age group (Sorry Cam, you wouldn't know anything about that!!) Running down the finishing chute in my first Ironman was very satisfying and emotional


Worst triathlon race: Haven't got one. You learn something about yourself anytime things go badly. Suck it up and have another crack next time.

Three things that people don't know about you:

I was a member of the Australian Labor Party, was an ALP State Council member, and was asked to run for parliament. I declined. Do I look stupid!??

I had chronic fatigue for about four years before I recovered and started triathlon. This made finishing my first Ironman especially satisfying because I was told it couldn't and shouldn't be done. Sometimes I think it's coming back after Nigel's sessions!!!

I used to be Principal at the most disadvantaged and arguably the most difficult primary school in the state



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Ian with one of his sons after they had completed the race at the Melbourne Marathon Festival.



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Lakers Member Profiles

Anna Kelly

Name: Anna Kelly

Age: 27

Occupation: Marketing Advisor

Where did you grow up: Balhannah in the Adelaide Hills

Nickname: I don't have one ☹️

Favourites:

Food: Lasagne

Drink: Banana Smoothie

Movie: Dodge Ball &

Zoolander

TV Show: Keeping up with the

Kardashians

Music: Anything really

Athlete: I don't really have one

but think that anyone who gets out there and gives something a go is a star!

Football Team: Power

Triathlon leg: Bike

Previous sporting background: I played Premier League Hockey for 12 years and also in the National League. I also did Athletics and Tennis.

When did you start triathlons: Late 2009

Why the Lakers: Nige

Most embarrassing moment: This year's TDU ride....I couldn't get out of my cleat at the finish line ☹️

Have you had your 15 minutes of fame: I was on the front page of the Advertiser once for Small business income tax reform.

What are your Triathlon goals/plans: To get through Ironman New Zealand

Best triathlon race: Probably my last Gatti as I did a PB and it always good when you PB....also my first Half IM in Busso last year was fun.

Worst triathlon race: Any race over 35 degrees

Three things that people don't know about you:

1. I have two little dogs Ted and Maggie
2. I grew up at an Equestrian Centre but never rode horses
3. I have one brother



*WOW – what a way to see Paris.
Anna outside the Louvre in Paris*



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Lakers Social Scene



Lakers Social Team

Louise Mills, Sarah Calton, Sam Sturm and Sophie Holt

Congratulations to all the Lakers who rode in the Tour Down Under ride during January. From all accounts it was a fantastic turnout and everyone had a great time and enjoyed the ride.

Also good luck to all those heading down to Kingston this weekend for the race. If you have booked in with the rest of the Lakers via the trip co-ordinators I am sure it will be a good fun weekend away. Oh, and good luck for the random draws – there are some yummy prizes!!!

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Notes from Club Members

Rules of Cycling Etiquette

(I am sure many Lakers can relate to this list of 'rules'!)

RULE 1:
Obey The Rules.

RULE 2:
It is forbidden for someone familiar with The Rules to knowingly assist another person to breach them.

RULE 3:
No matter how good you think your reason is to knowingly breach The Rules, it is never good enough.

RULE 4:
It is, absolutely, without question, unequivocally, about the bike. Anyone who says otherwise is obviously a twit.

RULE 5:
HTFU

RULE 6:
Free your mind and your legs will follow.

RULE 7:
Tan lines should be cultivated and kept razor sharp. Under no circumstances should one be rolling up their sleeves or shorts in an effort to somehow diminish one's tan lines. Sleeveless jerseys are under no circumstances to be employed.

RULE 8:
Saddles, Bars, and Tires
Match the saddle to the bars and the tires to black; or Match the bars to the color of the frame at the top of the head tube and the saddle to the color of the frame at the top of the seat tube and the tires to the color where they come closest to the frame; or Match the saddle and the bars to the frame decals; or
Black, black, black

RULE 9:
If you are out riding in bad weather, it means you are a badass. Period.

RULE 10:
It never gets easier, you just go faster. To put it another way, per Greg Henderson: "Training is like fighting with a gorilla. You don't stop when you're tired. You stop when the gorilla is tired."

RULE 11:
Family does not come first. The bike does.

RULE 12:
The minimum number of bikes one should own is three. The correct number is $n+1$, where n is the number of bikes currently owned. This equation may also be re-written as $s-1$, where s is the number of bikes owned that would result in separation from your partner.

RULE 14:
Team-issue shorts should be black, with the possible exception of side-panels, which may match the rest of the team kit.

RULE 15:
Black shorts, or at least standard team-kit shorts, must be worn with Championship jerseys and race leadership jerseys, or accept that you will look like a douche.

RULE 16:
Championship and race leader jerseys must only be worn if you've won the championship or led the race.

RULE 17:
Wearing team kit is also questionable if you're not paid to wear it. If you must fly the colours of Pro teams, all garments should match perfectly, i.e no Mapei jersey with Kelme shorts and Telekom socks.

RULE 18:
No road jerseys or Lycra bibs when riding off-road. (Cyclocross is a middle-ground. Best to wear cross-specific kit.)

RULE 19:
No mountain jerseys or baggies when riding on the road. (Cyclocross is a middle-ground. Best to wear cross-specific kit.)

RULE 20:
The remedies:
If your quads start to burn, shift forward to use your hamstrings and calves.
If your calves or hamstrings start to burn, shift back to use your quads.
If you feel wimpy and weak, see Rule 5 and get out and train more!

RULE 21:

Knickers, vests, arm warmers, shoe covers, and caps beneath your helmet can all make you look like a hardman, when the weather warrants it.

RULE 22:

Cycling caps can be worn under helmets, but never when not riding, no matter how hip you think you look. This will render one a douche, and should result in public berating or beating. The only time it is acceptable to wear a cycling cap is while directly engaged in cycling activities and while clad in cycling kit. This includes activities taking place prior to and immediately after the ride such as machine tuning and tire pumping. Also included are cafe appearances for pre-ride espressi and post-ride pub appearances for body-refueling ales (provided said pub has sunny, outdoor patio – do not stray inside a pub wearing kit or risk being ceremoniously beaten by leather-clad biker chicks). Under these conditions, having your cap skull-side tipped jauntily at a rakish angle is, one might say, *de rigueur*. All good things must be taken in measure, however, and as such it is critical that we let sanity and good taste prevail: as long as the first sip of the relevant caffeine or hop-based beverage is taken whilst beads of sweat, snow, or rain are still evident on one's brow then it is legitimate for the cap to be worn. However, once all that remains in the cranial furrows is salt, it is then time to shower, throw on some suitable après-ride attire (a woollen Molteni Arcore training top circa '73 comes to mind) and return to the bar, folded copy of pastel-coloured news publication in hand, ready for formal fluid replacement. It is also helpful if you are a Giant of the Road, as demonstrated here, rather than a giant douchebag. 4

RULE 23:

If it's not cold or wet and you are still wearing shoe covers because you're a pussy, your name is probably George Hincapie.

RULE 24:

Speeds and distances shall always be referred to and calculated in kilometers. This includes while discussing cycling in the workplace with your non-cycling coworkers, serving to further mystify our sport in the web of their Neanderthalic cognitive capabilities. As the confused expression spreads across their unbrowed faces, casually mention your shaved legs. All of cycling's monuments are measured in the metric system and as such the English system is forbidden.

RULE 25:

The bikes on top of your car should be worth more than the car. Or at least be relatively more expensive. Basically, if you're putting your Huffy on your Rolls, you're in trouble, mister.

RULE 26:

There is definitely an "optimal" angle at which the pedals should be when photographing a bicycle. That angle depends on what the photo wants to say, but is probably around the 30 degree mark. Not 90 or 180.

RULE 27:

Sock and short length should be like Golidlocks, not too long and not too short. (Disclaimer: despite Sean Yates' horrible choice in shorts length, he is a quintessential hard man of cycling and is deeply admired by the Velominati. Whereas Armstrong's short and sock lengths are just plain wrong.) No socks is a no-no, as are those ankle-length ones that should only be worn by female tennis players.

RULE 28:

Socks can be any damn colour you like. White is old school cool. Black is good, but once again were given a bad image by a Texan whose were too long. DeFeet Wool-E-Ators rule.

RULE 29:

Saddle bags have no place on a road bike, and are only acceptable on mountain bikes in extreme cases.

RULE 30:

Ditto for frame-mounted pumps. Either Co2 cannisters or mini-pumps should be carried in jersey pockets. The only exception to this rule is to mount a Silca brand frame pump in the rear triangle of the frame, with the rear wheel skewer as the pump mount nob, as demonstrated by members of the 7-Eleven and Ariostea pro cycling teams. As such, a frame pump mounted upside-down and along the left (skewer lever side) seat stay is both old skool and euro and thus acceptable. We restate at this time that said pump may under no circumstances be a Zefal and must be made by Silca. It is acceptable to gaffer-tape a mini-pump to your frame when no C02 cannisters are available and your pockets are full of spare kit and energy gels. However, the rider should expect to be stopped and questioned and may be required to empty pockets to prove there is no room in them for the pump. Said Silca pump must be fitted with a Campagnolo head.



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RULE 31:

Spare tubes, multi-tools and repair kits should be stored in jersey pockets, or in a converted bidon in a cage on bike. Or, use one of these.

RULE 32:

Hydration packs are never to be seen on a road rider's body. No argument will be entered into on this.

RULE 33:

Legs are to be carefully shaved at all times. If, for some reason, your legs are to be left hairy, make sure you can dish out plenty of hurt to shaved riders, or be considered a hippie douche on their way to a Critical Mass.

RULE 34:

Mountain bike shoes and pedals have their place. On a mountain bike.

RULE 35:

Road helmets can be worn on mountain bikes, but never the other way around. No visors on the road. If you want shade, see Rule 21.

RULE 36:

Eyewear shall be cycling specific, i.e no Aviator shades or clip-on covers for reading glasses.

RULE 37:

The arms of the eyewear shall always be placed over the helmet straps. No exceptions. We don't know why, it's just the way it is.

RULE 39:

You should never leave home without your eyewear. You should not make a habit of riding without eyewear, although approved extenuating circumstances include fog, overheating, and lighting condition. When not worn over the eyes, they should be neatly tucked into the vents of your helmet. If they don't fit, buy a new helmet. In the meantime you can wear them backwards on the back of your head or carefully tuck them into your jersey pocket, making sure not to scratch them on your tools (see item 20).

RULE 40:

Tires are to be mounted with the label centered directly over the valve stem. Pro mechanics do it because it makes it easier to find the valve. You do this because that's the way pro mechanics do it. This will save you precious seconds while your fat ass sits on the roadside fumbling with your CO2 after a flat. It also looks better for photo opportunities.



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RULE 41:

Quick release angle on the front skewer shall be an upward angle which tightens just aft of the fork and the rear quick release shall tighten at an angle that bisects angle between the seat and chain stays. It is acceptable, however, to have the rear quick release tighten upward, just aft of the seat stay, when the construction of the frame or its dropouts will not allow the preferred positioning. For Time Trial bikes only, quick releases may be in the horizontal position facing towards the rear of the bike. This is for maximum aero effect.⁹

RULE 44:

A rider's handlebars on their road bike must always be lower than their saddle. The minimum allowable tolerance is 4cm; there is no maximum, but people may berate you if they feel you have them too low.

RULE 45:

A maximum stack height of 2cm is allowed below the stem and a single 5mm spacer must always – always – be stacked above. A “slammed down” stack height is preferable; meaning that the stem is positioned directly on the top race of the headset.

RULE 46:

Handlebars will be mounted parallel to the ground or angled slightly upward. While they may never be pointed down at all, they may be angled up slightly; allowed handlebar tilt is to be between 180 and 175 degrees with respect to the level road. The brake levers will preferably be mounted such that the end of the brake lever is even with the bottom of the bar. Modern bars, however, dictate that this may not always be possible, so tolerances are permitted within reason. Brake hoods should not approach anything near 45 degrees, as some riders with poor taste have been insisting on doing.

RULE 48:

The seating area of a saddle is to be visually level, with the base measurement made using a spirit level. Based on subtleties of saddle design and requirements of comfort, the saddle may then be pitched slightly forward or backward to reach a position that offers stability, power, and comfort. If the tilt of the saddle exceeds two degrees, you need to go get one of those saddles with springs and a thick gel pad because you are obviously a big pussy.

RULE 49:

The midpoint of the saddle as measured from tip to tail shall fall well behind and may not be positioned forward of the line made by extending the seat tube through the top of the saddle. (Also see Rule 33.)

RULE 50:

Facial hair is to be carefully regulated. No full beards, no moustaches. Goatees are permitted only if your name starts with "Marco" and ends with "Pantani", or if your head is intentionally or unintentionally bald. One may never shave on the morning of an important race, as it saps your virility, and you need that to kick ass.

RULE 52:

Padding or body armor of any kind is not allowed.

RULE 55:

If you are riding down a mountain, you must first have ridden up the mountain. It is forbidden to employ powered transportation simply for the cheap thrill of descending. The only exception to this is if you are doing intervals on Alpe d'Huez or the Plan de Corones and you park your car up top before doing 20 repeats of the climb.

RULE 56:

When wearing a cycling kit and enjoying a pre or post ride coffee, it is only appropriate to drink espresso or macchiato. If the word soy/skim latte is heard to be used by a member wearing cycling apparel, then that person must be ceremonially beaten with Co2 canisters or mini pumps by others within the community.

RULE 57:

No stickers on your bike. Nobody gives a shit what causes you support, what war your against, what gear you buy, or what year you rode RAGBRAI. See Rule 5 and ride your bike.

RULE 58:

Never buy bikes, parts or accessories online. Going into your local shop, asking myriad inane questions, tying up the staff's time, then going online to buy is akin to sleeping with your best friend's wife, then having a beer with him after. You may as well go into your local shop and spit in the owners face. Online is evil and will be the death of the bike shop. If you enter a shop with parts you have bought online and expect them to fit them, be prepared to be told to see your online seller for fitting and warranty help.

RULE 59:

Hold your line.

RULE 60:

You are not, under any circumstances, to employ the use of the washer-nut and valve-stem cap that come with your inner-tubes or tubular tires. They are only supplied to meet shipping regulations. They are useless when it comes to tubes and tires.

RULE 61:

Under no circumstances may your saddle have more than 3mm of padding. Special allowances will be made for stage racing when physical pain caused by subcutaneous cysts and the like ("saddle sores") are present. Under those conditions, up to 5mm of padding will be allowed – it should be noted that this exception is only temporary until the condition has passed or been excised, and if you are hardman you would not change your saddle at all but instead just cut a hole in it to relieve pressure on your delicate derriere. It is noted that if Rule 48 and/or Rule 5 is observed then any "padding" is superfluous.⁷

RULE 62:

You shall not ride with earphones. Cycling is about getting outside and into the elements and you don't need to be listening to Queen or Slayer in order to experience that. Immerse yourself in the rhythm and pain, not in whatever 80's hair band you call "music". See Rule 5 and ride your bike.

	
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