

September 2011 West Lakes Lakers Newsletter

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



Felicity Lloyd powers to the finish line at the recent Adelaide Half marathon event. She won the womens race in a blistering time of 1 hour 24 minutes. Great effort Felicity!

It's back. After a little hiatus the Buzz is making its return for the upcoming Triathlon season. There have been some changes in the format, but we aim to bring you information about the club and its members.

Remember, this newsletter is all about the memebtrs, so if you are training / participating / supporting an event, please let me know so we can include it!

The Buzz

New Format

This season the Buzz will have a slightly different format. The main change will be in the Race Results section. Previously all races that I knew there were Lakers in I would get the results of the Lakers members and put them in a table with a little bit of a write up.

Unfortunately this was very time consuming, so instead of doing this, I'll try and find the results on-line and point people towards them. If you participate /spectate at an event please feel free to do a little write up and then send it my way so I can include it in the next edition. Also, if you are planning on doing an event, please let me know as there are so many members doing events all around the world, it's pretty hard to keep up with everyone's schedule!

Thanks.



Laker member, Terry, competing in the recent Adelaide Half marathon

Recent Race Results

Lakers Summit Run

The Lakers held the annual Summit run this year and it was by far the biggest turnout in the three year history. Well done to all involved, it was a great day!

Results can be found at:

http://lakers.com.au/racetrainingresults_43.html

Dan and Anna Kelly have made an awesome video of the day, which can be viewed online at:

http://www.youtube.com/watch?v=Ycwr4XuCkbl&feature=player_embedded

Lakers 5-25 Sunday run (by Nigel Pietsch)

The second running of the Laker 5-25 run was held under perfect conditions on June 12th. In all 53 Lakers (including a few ring ins) came out to test themselves over the various distances. Well done to all participants. The big event though was the cold water challenge, to see who could withstand the 12 degree water the longest post run. While Chris Goodrick and Kevin Duffy put in solid efforts Milan Calic remains the undisputed champion. On the other end of the scale we wont mention all those Lakers who managed to only dip their toe in before retreating to the shore.

The morning was capped off with 30 or so Lakers taking over the West Beach surf Life saving club for a great breakfast.

Race Report - Barossa Malf Marathon By Nigel 'Supercoach' Pietsch

The Barossa half marathon is one of the biggest running events in the state. This year 900 competitors (over 30 Lakers members) toed the start line in the 21, 10 or 5km options. The near perfect weather conditions, a mostly flat course with only a 70m climb between km's 7-10 to slow you down and the fact that the course turned out to be 450m short meant times would be super fast in the half marathon.

SA's top triathlete, Matt White, lead from the front to take the win in just over 69 minutes, from one of Victorias best triathlete's Josh Rix. Up and coming Sa triathlete Brad Wauer was 5th in 74 minutes, while Nick Muxlow lead home the Lakers in 7th place.

Another triathlete Krystal Smith took out he women's race in 82 minutes, with Laker Felicity Lloyd coming home 87 minutes just missing the podium.

In the 10km arguably SA's top runner Rhys Jones came home in first place in 31.36 while future star, 15 year old Riley Cocks took out the 5km in 15.27.

Otherwise the highlight of the day was Mary Mitchells storming run in the half, where she managed to Chick a lot of the men (no names mentioned). The down side of the day was the Lakers new Irish runner Brian O'Donovan injuring his calf at the 10km mark when closing in on Nick Muxlow. He still managed to hobble home in 90minutes.


Half Marathon

Nick Muxlow 1.15.21
Anthony Meade 1.17.57
James Levinson 1.20.13
Matt Fietz 1.22.14
Darren Roberts 1.22.53
Robin Groom 1.26.17
Felicity Lloyd 1.27.02
Ben Clark 1.276.43
Dan Kelly 1.28.47
Brian O'Donovan 1.30.31
Chris Goodrick 1.31.15
Mary Mitchell 1.31.27
Ben Monroe 1.32.06
Cameron Brown 1.32.08
Bronwyn Gwynn Jones 1.34.36
Ian Berry 1.34.40
Verity Pietsch 1.35.47
Ben Noll 1.37.09
Zoe Duffy 1.38.29
James Duffy 1.38.30
Kevin Duffy 1.38.31
Adrian DeSilva 1.43.29
Ryan Wallis 1.44.44
Robert Steventon 1.45.17
Nathan Menzies 1.46.59
Dani Taylor 1.47.04
Kevin Carr 1.47.41
Anna Kelly 1.48.49

10km results

Grant Ironside 40.28
Dominic Molyneux 47.31
Greg Davey 48.35
Sophie Holt 51.53
Anna Worthley 53.23

Sorry to anyone have missed



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Sophie Holt competes one of the events at the Barossa Half Marathon Festival

Recent Race Results

Adelaide Marathon Festival

By Nigel Pietsch / Kevin Duffy

Adelaide Marathon festival results by Nigel Pietsch

Well done to everyone who competed. The standouts were

- Matt Fietz; 5th overall, first time under 3 hours, even after going the wrong way
- Felicity Lloyd; 1st female and 5th overall
- Andrew Short and Kevin Duffy's Ironwar re enactment
- Nancy Cullen; still setting PB's
- Grant Ironside, age group victor
- Steve Ansell on something like 12 straight ½ marathon finishes

If you run this event and your name is not included, then please let me know so we can include you in the next edition.

Adelaide Marathon Festival by Kevin Duffy

The Lakers were out in force last Sunday (28th August) for the Adelaide Marathon Festival. Excellent conditions prevailed with mild clear weather and minimal wind although it did warm up as the morning passed.

Some of the highlights of the races (in no particular order) were Felicity Lloyd winning the Female Half Marathon race, the excellent results from our members who ran the marathon, Veronica Schliebs racing the marathon with her father and one of her sisters (a true family affair as her mother completed her first half marathon), Cameron Maher again realising the value of training, Ally Benbow running with two first timers and pushing them under 2 hours, Luke Duffy doing the same for a workmate and Ian Berry showing his crutch to all.

Well done to all particularly the first times and those who PB'd.

Marathon	Time
Matt Fietz	2.55.19
Darren Roberts	3.06.37
Veronica Schliebs	3.20.01
David McLeod	3.34.50
Gavin Lutze	3.50.10
Gary Thompson	3.52.51
Half marathon	
Felicity Lloyd	1.24.02
Travis McKenzie	1.25.37
Dean Garrett	1.30.04
Kevin Duffy	1.33.25
Andrew Short	1.33.25
Luke Diamond	1.33.29
Ben Monro	1.33.59
Nancy Cullen	1.34
Danielle Hoare	1.34.19
Ed Hauben	1.34.25
Grantley White	1.35.32
Chris Grenvold	1.35.56
Cam Maher	1.37.45
Scott Corrie	1.37.41
Catrina Howes	1:38:55
Bradley Conder	1:39:16
Nathan Menzies	1.40.09
Tim McManus	1:41:36
Jason bell	1.42.52
Adrian DeSilva	1.44.01
Andrew Taintey	1.45.39
Danielle Noutz	1.46
Sarah McEachern	1.47.59
Terry McConnell	1.48.17
Anna Kelly	1.50.13
Kevin Carr	1.51.17
Darren Wright	1.54.48
Ally Benbow	1.58:05
Luke Duffy	1.59.36
Paula Gill	2:18:41
Stephen Ansell	2.28.19
12 km	
Grant Ironside	51.54
Goran Uzelac	54.32

Recent Race Results

Cairns Challenge

By Nigel Pietsch

Lakers athlete had a good presence at the inaugural Cairns Challenge race. By all reports the first running of the Ironman distance event by the Challenge group who are responsible for Challenge Roth, was well received. Apart from some warm conditions all reports suggest this is a race people should pencil in for next year.

Kevin Ferguson led home the charge winning his age group (50-54) as per usual, scaring a lot of the pro athletes along the way. While he was in 13 positions off the bike he slipped back a little to finish 18th overall by the end. Not bad for someone who did Port Macquarie just a 4 weeks prior.

Nancy Cullen also dominated the 50-54 age group with a very convincing win. In fact her time would have placed her 4th in the males 50-54 category, won her the 45-49 age group and placed her 21st overall amongst the women. Nancy's time included a PB on the bike going under 6 hours for the first time, on a course that was 3km long.

Michael Keyte continued his improvement over the distance with a great 10.24 finish, although his nemesis (cramping on the run) came back to haunt him.

Mason Barnes in a controlled first race over the distance hit all his marks for a great first up race.

Peter Lines ticked off another first and used the race to prepare for his 3 races in three weeks (IM France, Austria and Switzerland) starting on June 26th

Unfortunately our Queensland based Laker Guy Griffiths, who was meant to compete fractured his elbow in an accident which has left him on the side lines for 6-8 weeks on the side lines. We wish him well in his recovery.

In the half distance event, rookie Sean Kinchington had a great first up rate, slowly only due to some heat on the run coming in just under 5 hours. James Duffy put in a solid performance to come in second in the 18-24 age group, with a 4.37 finish. Danny Salter after months at sea still managed to post a respectable 4.45, however he still managed to visit all his friends in medical post race. Craig Stevens after coming very close to pulling out just 3 weeks prior to the race due to doubts about his fitness, managed to hit his target time of a sub 5 hour 30 finish.



Corporate Fit – Sport science consultant - Triathlon coach

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Race Report

Colin Clarke

Ironman New Zealand 2011

Laker, Colin Clarke, competed in the New Zealand Ironman earlier this year and took the time to write a great race report. Enjoy the read – thanks Colin.

2011 IMNZ Report by Colin Clarke

Bridesmaid again the third time I have finished fourth. After giving Port Mac a miss in 2010 Taupo was targeted for my 10th and final Ironman. The plan was to do a long volume build up hence the long rides with Kirts back in May. As I started running the abdomen pain I had been experiencing on and off for a couple of years really hit in. So off to the Drs, diagnosis a small hernia on the left lower stomach area. Keyhole surgery put that to bed in late July. However as I started to build up my running program I was still suffering left hip, ITB and abdomen pain, it appears the hernia pain was masking a few other issues. Despite physio and rest it still persisted it was only in late Dec after trolling the web and reading about the Tensor Fascia Lata (TFL) and seeing a simple exercise that things started to fall into place. With refunds cutting out at the end of Dec I gave myself until 29 Dec to be able to run an hour pain free. That was ticked off so the D was made to race. I knew then that the run was going to be critical leg because 8 weeks is tight for a marathon.

I looked back at my previous training programs and the most prominent feature was tempo/volume = good times. Both times I had gone under 5-20 on the bike = 300k min weeks and a min of 5 x 180+ rides. My sub 4 hr marathons came after 70-80k weeks with 2.5 hr long undulating runs at tempo. The bike was fine even doing 4-5 weeks at 400+ the run was a different story, 4 week build up to 2 hrs, 2 x 2.5s and then the flu followed by a left foot arch issue which meant I run about 5 hrs in the last 3 weeks, so I knew I had to race the swim and bike and run to survive.

Had a good trip to Taupo with Qantas via Melbourne I used points for an upgrade to Business on the Melbourne/ Auckland leg and Qantas looked after us with a complimentary upgrade on the Adelaide Melbourne leg, that kept the boss in good spirits. Enjoyed the drive down to Taupo arriving on the Monday and the afternoon was spent getting food and putting the Bike together.

Swam the course on Tue morning, water was warmer than expected and really clear. Road out to the 35 k mark on the Bike just to ensure it was working and to give the legs a run. Similar to raceday that was a northerly so it was out downhill into the wind and back home uphill with a tailwind, that would do me. Also went for a late afternoon run to get a feel for the course.

Wednesday did the tourist thing across to Rotorua and had another light run after we got home. That was the final workout before Saturday. Thursday was registration and Carbo night/ Race Brief so caught up with the other Lakers. Interestingly we were about the only Club that had race polos, obviously not a kiwi thing.

The race forecast was not flash and it was accurate, it started raining on Friday as Kevin Duffy and I put our Bikes into transition and I don't think it stopped much for the next 2 days.



Colin exits the swim in IM NZ

Saturday morning and it was raining for the walk to transition to prep the bike etc, the drizzle steadily increased to a downpour that drowned everyone. The decision to put wind jacket and arm warmers into the Bike bag looked good. Walked down to the swim with Guy Griffith dumped our street bags at the beach and into a warm Lake. The swim start at Taupo is similar to Hawaii plenty of space to spread out so not super congested, although unlike Australia you had to self seed so there were a few ambitious starters in the front line that were swamped in the first couple of hundred metres. Felt good in the swim although it was dark and overcast so very hard to pick the buoys, so it the best was to follow feet and when you lifted the head ensure those feet were going in the same direction as the main pack. The halfway turn seemed to come up quick and I was feeling comfortable. Got a couple of good drafts on the way back, although started to feel it with about 400 to go.

Swam a 1.01.39 which is pretty much my average ironman swim. We had a long run back to T1 that included a set of steps and a bunch of slow runners blocking the road. Also I had strapped my foot with more tape than a football team and didn't want to run off the carpet bare footed incase I stirred it up. Into tent and the wetsuit stuck to my legs got that off, try putting arm warmers onto wet arms now I know why the experience Taupo guys wore them under the wetsuit. Pulled wind jacket on and then out to bike that was close to tent but furthest corner from exit, lost more time as I slipped the dentures in and then out and on the road. T1 was wet but not under water or muddy like Port Mac in 2010. Post race I saw where I lost 7min in transition about 2 min slower than most.

Out on the road quickly into big chain ring and into it until the Napier Rd hill where back to small ring and spin up the hill, all those Lakers hill rides worked as I moved through the field, once onto Broadlands Road it was a small climb and then downhill, big gear/small rear and away. The most consistent thing about the ride was the rain it was relentless, although the wind jacket arm warmers combo worked I was warm. Traffic lanes were already puddled and you just had to go through them. Like the training ride the wind was a Northerly which the locals said meant warmer weather, you road the outward leg into it and it pushed you home. It wasn't into your face until the road swung direct North for the run upto the turn point, that was the toughest section. Passed several Lakers on the outward leg. After the turn the tailwind had you zooming off at 40+ was looking for the 55+ challenges lan, Kevin and Tony, didn't see lan which was a worry

because I knew he would outrun me, saw Tony and Kevin a fair way back and thought if I hold consistent for the 2nd lap I would have a gap on the fleet footed.



During the very wet bike leg of IM NZ

Back into town again was strong up Broadlands spinning up in the big ring, took it a bit steady though the corners in town, more important to finish than crash. Passed Stu Finch going up Napier Rd so knew I was positioning myself well. The kiwis hand out scrunchies at the start of the 2nd leg so they know which way to direct you on the shared section of the 2nd lap. Was wondering how I was going to get scrunchie onto arm but they have that technique down pat stretching them out and you put your arm out and on it pops, just like air-to-air refuelling. Kept momentum up on 2nd lap road a lot with younger guys. 2 large peletons of the leading age groupers passed heading back into town no many draft busters. At one stage it rained that hard you could hear it striking my sunnies, if I had not worn them I don't think I could have ridden through it.

The in your face wind on lap 2 was a bit stronger and you really had to work that section. Turned for home and as I was repositioning felt little burning pain, the combination of wet chamois and skin was resulting in chafing in areas I have never chaffed before. Still looked for my Lakers' old 55s saw Kevin and Tony no lan. That left a nagging doubt where was he had I gapped him enough? I hit a bit of a dead spot at the 150-160k mark, but got a new leaf of life as we approached the final climbs and finished off strong.

Into T2 which for the old IMNZ hands was moved to combine with T1 this year, helmet, shoes off, hat on shoes onto water logged socks and out. As I started down the road I looked and went what the hell am I still wearing the wind jacket and arm warmers for. To late kept going and actually started to warm up and started to sweat so off they came, and I jammed them around the back of the trisuit, about a k down the road Helen and James Duffy were cheering us on so out came the leftover bike gear and a quick James look after this.



I ran the first out leg pretty comfortable was running with the Female 18-24 winner, My Age Grouper leader passed us at the top of the long climb as we were heading down so I knew a win was out of the question. He was behind Nick who was looking really good. Was passed by the 2nd place getter about 5 min later and he was going strong. At the turn looked at the watch 3-40 pace not very realistic, lets keep hanging in and see where it takes me. I had to tie up my shoe lace half way up the long climb so lost my pace maker. The climb from Napier Road to the long straight home really hurt, my hips started to kill me along that long 3k teasing straight into town, it just keeps going. Turned at the halfway mark and just under 4 hr pace and Stu Finch was about 4 min back and I knew I was in trouble to hang onto 3rd.

By this stage hips were aching, shins and calves were really heavy and I had to walk the first hill on the way out, picked up the pace again and Stu got me just before the Rainbow Point detour, I tried but couldn't go with him, again had to walk the little steep climb in that section. Passed Kevin Duffy and asked if he had seen Ian and was told he had pulled out, what a bummer but I then knew I had the Lakers 55+bragging rights in the bag. Back out on the main road and I

mentally set myself to run up the rise which I did and then held it down to the last turn. At that food station had a mars bar in lieu of a power gel and it was fantastic, sugar/sugar. Heading back up the big climb and really set myself to try and run all the way home, I wanted to break 11 hrs the hips had settled by then or I was immune to them. I actually got into a pretty good rhythm and passed Danny just before Rainbow Point and ran really well until the Napier Road Climb that bought me back to reality. Got over it and took a while to get back into a rhythm. That long straight just keeps on going, eventually the bandstand round the corner and 500+ metres to the turn point and then on past it to turn into the finish chute, 10.51.51 on the clock and photo, 10.52.17 official. A 4-16 marathon less 5 min transition leaves a 4-11 which I was happy with because 6 weeks running should not let you run a 4 hr Ironman marathon.



It was still raining so let the massage go too big a que; picked the bike up and walked home and started the long process of cleaning and washing to try and get stuff dry by Monday for packing. When Ironmanlive eventually put the results up it confirmed I was 4th again, a bit pissed off but on reflection a pretty good result. So that is Ironman for me. 10 big ones, 9 under 11 hrs (2003 Hawaii 11.20) a PB of 10.15, a Age Group win at IMWA (2005), 3 x 4th (IMOZ, 2003&09) & IMNZ 2011. 2 x Hawaii 22nd and 21st. Not a bad return seeing I was only ever going to compete in 1.

Some reflections although it was wet and miserable I didn't get cold, better than a 30+ run day. I changed my nutrition a bit this time slightly less on the Bike and actually had a Powergel on each leg of run except for the Mars Bar for last lap. That seemed to work really well.

The cooler day also meant you didn't need to drink as much. I think we all over drank which resulted in very smelly shoes and socks.

A few subtle kiwi things compared to Australian races. You have to supply your own reflective tape. You need to pre check bike and helmet before Fridays check in. No event T Shirt in Race Bag. Tee Shirt finishers shirt ala US races not polo like IMOZ. Sponsors towel with no mention of event. Combining Carbo and Race brief a good idea, although race brief was pretty low key compared to Port Mac.

The course is fantastic a hills section for the strong cyclist and plenty of time trial sections. Our hill rides great but you really need to combine with time trial trips like Wilunga to Meadows, Meadows to Mylor, Gumeracha to Williamstown to Kersbrook. The run is deceptively tough you need to do some hill or run strength work. The hills aren't steep but long steady climbs.

So what do Ironmen do post race firstly look after the important people in their life by taking them holiday to the magnificent South Island and visit places like Milford Sound

And have a post race adrenalin rush by shooting through the Shotover Gorge on a jet boat



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Lakers Member Profiles

Name: Neil Foster

Age: 41

Occupation: I have a business selling and servicing pumping equipment. Over the last few years it has evolved more into a spa repair and upgrade business. But I work on most domestic types of water handling equipment such as Bore pumps, pool pumps, rainwater and Stormwater pumps.

Where did you grow up: Just outside of Bendigo in a small country town called Ravenswood. My parent's pub was the only business in town.

Nickname: Bendy to friends and Jack to family

Favourites:

Food: Pancakes with a side of bacon for breakfast or Indian for dinner.

Drink: Love a good coffee or ice cold crown lager.

Movie: Dons Party, Anchor man, Withnail and I.

TV Show: Seinfeld and Come dine with me Australia (My daughter got me into that one. She loves cooking and I love eating)

Music: Nick Cave, Beach boys, Air.

Athlete: Greg Williams. He was originally rejected by Carlton twice but never gave up on his dream of playing AFL. He was short, slow and podgy and surrounded by much better athletes but made them look second rate with his amazing ability to read the play. I think he would still be a star in today's game.

Football Team: Carlton

Triathlon leg: Swim

Previous sporting background: Played football at Amateur level for nearly 18 years. Premierships with Port districts, Loxton, Adelaide Uni and Waikerie.

When did you start triathlons: First race was a sprint distance in December 08.

Why the Lakers: Seemed like the obvious choice living in the western suburbs and also a friend used to ride on Saturday mornings and she said everyone was very friendly and welcoming.

Most embarrassing moment: Years ago I was working on a client's swimming pool. It was a very hot and dry day and the house was supposed to be vacant so I stripped off for a quick dip. Unfortunately the owner's grandmother was inside and she sprung me dressed only in my jocks. It was very embarrassing for both of us! I have never been game to do it again.

Have you had your 15 minutes of fame: I had a few pics of me in the advertiser once because I was playing on former Glenelg player Peter Carey. It was his big comeback game and it was big news at the time.

What are your Triathlon goals/plans: No goals at this stage other than to keep competing. I see myself doing this sport for a while so I don't want to burn out too early! But I would at least like to try a half ironman one day.

Best triathlon race: Victor Harbour 2010. Could not believe my run time! But have since found out that the run course was short??

Worst triathlon race: The first gatti race of 09/10 season. Ended up walking it was so hot!

Three things that people don't know about you:

I have 2 dogs. A beagle named Billy and a cocker spaniel named Bonkers

I come from a big family. I have 3 sisters, 2 brothers and 32 first cousins on my mum's side alone.

I never thought I was capable of running anymore than about 10k until I joined the lakers.



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Lakers Member Profiles

Name: Kevin Carr

Age: 52

Occupation: Account Executive

Where did you grow up: My family moved from Sheffield, England to Adelaide when I was 7 years old.

Nickname: I don't have a nickname.

Favourites:

Food: Thai Food, although a fat Calzone doesn't go astray

Drink: I like a drop of red.

Movie: This is Spinal Tap

TV Show: A couple of favourites: Spaced, and Peep Show (for those who don't know of it, Peep Show is not what the name implies)

Music: I prefer bands that can play well live. At the moment Gomez is my top choice.

Athlete: Stuart O'Grady

Football Team: I haven't followed footy since the era when Fred Phillis won the Magarey medal and kicked over 100 goals in the same season. I am a lapsed Glenelg supporter.

Triathlon leg: Running, although it is a source of frustration.

Previous sporting background: Footy as a kid, Squash as a teenager, and I took up running/triathlon in my 30's.

When did you start triathlons: in early 1990s, and then I had a big rest until I started again in 2008

Why the Lakers?: I met Kent Dredge at a gym where he was working. He was the only Ironman I had ever met, and so when I decided to participate in Ironman I contacted Kent and he recommended joining the Lakers. Great advice, and very pleased to be a member of the club.

Most embarrassing moment: after 3 swim sessions of my programme I discovered that Nigel's abbreviation "PB" meant "Pool Buoy" and not "Personal Best".....

Have you had your 15 minutes of fame: Yes, by having my profile in the Lakers' newsletter.

What are your Triathlon goals/plans: I want to complete 10 Ironman races in 10 years. Only 9 to go. I also want to improve my running ability.

Best triathlon race: Port Mac Ironman 2010. It was my first Ironman, and a remarkable experience that didn't entirely sink in until some time later.

Worst triathlon race: Canberra Half Ironman in 2008. A miserably long day of pain and anguish.

Three things that people don't know about you:

I am studying for a Law degree in my spare time; I introduced Ally to the Lakers; My preferred place to relax in Oz is the northern NSW coast.



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Race Report

Caitlin Edwards

Victor Harbor

Caitlin Edwards did the mini triathlon at Victor this year and here is her fantastic report

Caitlins Victor race report By Caitlin/Bobby

I've asked Caitlin on numerous occasions if she would like to do a triathlon with her dad when she's older, her answer has always been an abrupt no! She read my profile in the excellent Buzz magazine a couple of months ago and asked would Cameron do one of her, I said she had to do a race 1st and she immediately decided to enter the kids race at Victor.

After spending the morning watching the Olympic race and cheering on the Lakers it was time for Caitlins race to start. She was a little nervous as the race drew closer, the race briefing took place and it was a relief to hear parents could help the little athletes in transition. I didn't want her to waste all her time struggling to get her helmet on or even worse a t-shirt over her helmet which so many newbies seem to try.

It was time for the 50m swim/wade, I was pleased to see her decide to do the swim even though all those that chose to wade had a huge headstart. She started slowly but her solid technique helped her get past some who'd started struggling and she was soon exiting at the ramp. It was now a run to transition (the same the Olympic athletes did), it was great to see plenty of Lakers shouting encouragement and she was quick to tell her mum after the race that the Lakers captain shouted "You run better than your dad".



Caitlin 'running better than her dad'



When we made it to her bike her friend from Seacliff school was already there and her dad was towelling her down from head to toe like she'd just stepped out of her night time bath. I ignored my wifes advice to put socks + bike shorts on Caitlin and just jammed her trainers and helmet on and told her to go. She is pretty strong on the bike now as we cycle up hills to school every morning and she flew through the field climbing to 2nd in her AG and 27th overall. It was a little worrying watching her disappear around the corner to the housing estate and I was praying she would come back in one piece. She made it back with a huge smile as her supporters shouted and clapped her arrival, it was back in transition and out on to the final leg, a lung busting 400m run. Running is probably her weakest discipline and I had visions of her walking back but she dug deep into her reserves and finished with great determination Kev Fergusson style and even managed hi 5's for me and her best friend.

She is now talking about getting Nigel to do her a program and inquiring how old you have to be to do an Ironman. It probably won't be long before she's 'doing a Duffy' and smashing her old man!!!

All in all it was pretty exciting watching her race and just as rewarding as racing myself (without all the pain).

Words with the Women's Manager

Jane Rothe

With the warmer weather approaching it is the perfect time to get you friends, sisters, mothers, aunties and daughters to come along to one of our training sessions and have a go! The number of female Lakers has grown 146% over the past five years to 69 members so it is certainly a very female friendly place to be. And you don't have to be in your early twenties to appreciate and compete in the sport either. We like to think we have got the balance between socializing and competition right, and that's why we have members ranging from the teens to the over-50's and beyond!

Most sessions cater for all abilities, and beginners (females or males) are absolutely welcome. The best session for running to try is Nigel's famous Tuesday night running from 6-7pm meeting at the Torrens Weir. For cycling there is a short ride that leaves Henley square at 7.15am Saturday morning along the coast to Glenelg or Seacliff, and Wednesday or Friday morning from 5.30 until 7.30 am there is a beginners lane offered at the Thebarton Aquatic Centre as part of the Lakers squad training.

As a female Laker member you will be invited to our annual Lakers Ladies Night (usually held around September- more info to come), allocated a buddy to help you get started with training and to answer all those questions, and of course you will be invited to all of our social events such as bowling, tour de bakery, tour down under ride and Summit run to name a few!

For more information on training times and costs please click on the 'Training' tab on the lakers website www.lakers.com.au or the 'Lady Lakers' tab for more women's specific information.

Hope to see you out there!

Jane Rothe

Women's Manager

rothe.jane@gmail.com



Womens Manager, Jane (left), with a Laker legend, Jan (right)



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Coach's Corner

Nigel Pietsch

Head Coach

Lakers head coach, Nigel Pietsch offers some great advice in this article.

(Note: My apologies for not getting this article out in a more timely fashion)

The hidden value of an end of season break By Nigel Pietsch – Finish Line fitness

One of the hardest things as a coach is trying to convince some athletes to have some down time at the end of the season. While I can highlight the benefits; injury rehabilitation, spending time with family and friends, returning the body's systems to a normal level, psychological recovery, allows you to catch up on the "to do" list, allows you time to reflect on the season past and the areas you want to focus on for next year, I think one of the most important parts of the break is that it allows you to recognise light and shade.

Allowing the fitness drop away allows you to appreciate just how fit and more importantly how focused you were and what being normal is. At the time you thought nothing of training two times per day but when you have a break you realise just how committed, fit and fantastic you were. I think it is important to never lose sight of where you have come from and just how fit you become when you train. Most people just don't realise just how fit they are until they have a break.

The break allows you to "reboot" your fitness. While it is going to be hard for a short while when you recommence the benefit is that when the gains come, they normally kick in with a bang. This then provides the motivation to keep moving forward. Compare this to someone who kept going and tried to maintain a high level of fitness through the depths of winter. Unless you are a mental superman it is highly likely that you will experience some form of burnout or decline throughout the season.

Another benefit is that the challenge of getting things happening allows you to review your commitment to your season goals. For many the break energises them and they can't wait to get going while others may struggle after one too many pre-seasons and decide to seek an easier option. It is better to make that decisions at the start of the campaign rather than plug away for months and then make the call.

Experience will help you work out just how much of a break you need. For some it will be slight reductions in training loads, for others it will be a full 6-10 week vacation from training. Your challenge is to find what works for you. Experience will also tell you that regardless of the fact that you feel as if you have a lost all of your fitness, it won't take long for it to return. And when it does return it normally returns at a higher level than and also return at a higher level than before.

Have patience and trust in the value of the break



Lakers Social Scene

Exciting Season Ahead

Sarah Calton, Tom Jeffrey, Anna Kelly and Dan Kelly are the newly appointed Social Committee

WATCH THIS SPACE!

We have some exciting plans for the year ahead!



Lakers Social Team

Dan and Anna Kelly (left), Tom Jeffrey and Sarah Calton (right)

City 2 Bay

With the City to Bay only a few weeks away, no doubt many of you are getting ready to battle the crowds in order to beat your elusive PB or to meet your goal time. Similar to previous years, a Lakers team has been established for you to join when signing up to the event. The plan is for the Lakers pre-race meeting point to be on the Western side (towards river side) of the rotunda in Elder Park from 7.30am for the 8am start. Post-race, once you've collected your highly valued medal, there will be a couple of different options:

If you are finishing your morning run/walk at Glenelg then there will be a place for you to meet up with others in the C2B village to replenish their stocks. Details of a meeting point will be sent out closer to the event. There will also be an option for those wishing to get in a few extra kms to run back to the city. This proved to be a popular event last year and was rewarded with a much needed coffee and food stop. Again, specific details will be sent out closer to the date.



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Ride like the pros in the Mutual Community Tour Down Under 2012 Skoda Breakaway Series!!

As part of this massive event, the club will be entering a Lakers team to ride in the Mutual Community Challenge Tour on Friday 20 January 2012.

As part of the team you will receive a Mutual Community Challenge Tour jersey with the Lakers team name printed on the back. If you want to work out your exact sizing for the jersey you can try on a range of sizes at the SA Visitor and Travel Centre at 18 King William Street, Adelaide. **Please note, it is important you check your jersey measurements and size carefully as the brand is usually different from the previous year and you may require a different sized jersey.**

To enter with the Lakers team and have our "Lakers" name printed on the jersey, all you have to do is enter online, choose your preferred distance and click on "Booking Information" to fill in your personal details. As part of your registration you will be asked if you will be entering in a team, please include the details below to ensure you have your name added to the jersey (Please note, we are waiting for our unique code to be sent to us, you will need this to register as part of the team. Once we have received the code, we will send it out in the Blue Train Weekly, so keep your eyes peeled!)

Registration question	Your answer if you would like to be part of Lakers team
Will you be entering a team?	Yes
What is the proposed team name?	Lakers
Booking number	To be advised in the Blue Train Weekly
Captain Contact Number:	0423044872 – Sarah Calton

More information about the tour can be found at the [following link](http://www.tourdownunder.com.au/)
<http://www.tourdownunder.com.au/>.

There are 4 ride options:

Start	Finish	Distance	Start time
Norwood	Tanunda	138km	6:30am
Gumeracha	Tanunda	102km	7:00am
Mt Pleasant	Tanunda	79km	7:30am
Tanunda	Tanunda	33km	9:00am

READ THIS NEXT BIT VERY CAREFULLY

Team entries **close on Monday 31st October 2010 at 5pm** (it gets earlier every year!) - so you will need to register by this date if you want to have "Lakers" included in your jersey. If you have any questions, please contact the TDU office directly on 1300 674 630. You do not need to email us indicating your registration, however if you have any basic questions you can email Sarah on essea11@yahoo.com.au. You can still enter after this date however you will not get the Lakers team name on your TDU Jersey.

If you have already registered but want to be part of the team, then please contact the TDU office directly to request the change. This will need to be finalised by 31 October.

****To enter please visit

<http://www.tourdownunder.com.au/getinvolved/mutualcommunitychallengetour> or you can call the SA Visitor & Travel Centre on 1300 674 630****

We will out details closer to the date in the BTW, as well as when jerseys will be available for collection and which training sessions you can collect them from.

Le Tour – What an opportunity

A note from Ange Potter

As you may know, I was supposed to be in France on a cycling tour following the Tour de France this year. I am planning to go in 2013 instead. A number of Lakers had mentioned to me that they would be interested in coming along. I am planning to go with Bikestyle Tours, a Brisbane company. Check out www.bikestyletours.com. This year there was a 2 week trip, the last two weeks of the tour, including grandstand seating in Paris on the last day - there will be a similar trip in 2013. The tours book out a year in advance.

Anyone interested in a Lakers Tour de France trip in 2013, let me know (mob 0417847881) and I will see if we can do a group booking. Ange Potter

Kev Fergusson is 'officially' the Best!

Recently, a triathlon based website went on the lookout for the best Age Group Triathlete in Australia. The website (<http://www.firstoffthebike.com>) narrowed the list down to 5 contenders. In the end they ranked them in order and it was no surprise to me that our very own Laker was named the 'Greatest Australian Age Group Triathlete'. Another great reward for Kev. Well done.

You can read all about it here:

<http://www.firstoffthebike.com/features/1914-australias-top-5-age-group-athletes-the-list>



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How is your IM training going?

If you have ever trained for an Ironman, then this clip will make a lot of sense and gives you a pretty good laugh.

http://www.youtube.com/watch?v=B03dFMG8nR4&feature=player_embedded

Forget your Helmet?

Have you ever forgotten your helmet coming out of transition for the bike leg? Our very own Paul Battistella did at the Menigie Half Ironman back in 2007 and luckily there was video evidence!

The original clip:

<http://www.youtube.com/watch?v=qXcJQ7IMbHA>

With a bit of music:

<http://www.youtube.com/watch?v=WfNpk4pG5Bc>

An Ode to Goody

Chris Goodrick is competing at the Ironman Holy Grail (Kona) this year and his fantastic wife has written an inspirational poem for him.

An Ode to Ironman Goody

I wear an Ironwife tattoo
but that does not make me tough..
Living with an Ironman
now that is what i call rough!

Early to bed, early to rise
gone every morning before i open my eyes
ride in the rain, run in the heat
swim in the pool
shit. eat. sleep!

Chiro's and carbs
deep massage and tape
coaches and trainers,
stay in tip top shape.

An IronWidow some may say
as every day is a training day
Saturday night what are they?
they are what comes before an early Sunday!

Chalk on the sidewalk
signs in the air
your esky, your cowbell
and your fold out chair

There's tall ones
theres small ones
there's black and there's white
one things for sure
they are all there and they'r ready to fight

the nerves and the worry deep down inside
a pain in your heart that cant handle the pride,
so many emotions for such a long time
our whole year has come to this
the feeling...sublime!

The washing machine set in motion
it stretches for miles and miles
fifteen hundred bodies rip up the ocean
and literally swim for their lives!

Get out of the water, battered and scarred
time to get over it, you knew it would be hard
Find your bike hit the road
fire up legs its time to explode.

Thirty clicks down on the run, hours on
the clock,
minutes pass SO slow tick tock tick tock
the last ten kilometers, the hardest for
me
as your loved one runs by
the pain they are feeling..so clearly to
see

At the end of the day
there is nothing.. NOTHING i can say
that can describe how i feel when he is
heading our way

He crosses the line into the arms of the
angel
and everything lets go..mind and
muscle
tears from my eyes and tears from his,
tears from complete strangers and
tears from the kids..

I wear an IronWife tattoo
and to most that means absolute zero..
but to me it means nothing more
nothing less
than that MY HUSBAND CHRIS

HE IS MY HERO!



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The Buzz NEEDS YOU.

Please send me articles for the next edition, wether it is a race report, social article, announcement or anything else. Send contributions to:

mr.cameron.maher@gmail.com