

The AK Files



BALANCE & UTS
TRI CLUB

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Hi All,

Big apologies for taking so long to get this Newsletter out :(

Between getting sick with laryngitis, training for IM, working, travel, I've been completely worn out from different things going on in my life & needed a little space.

Anyway, all is back on track and the countdown to IMOZ10 is back on. With less than 6 weeks to go all the athletes competing are training the house down.

Also on the radar are races such as Six Foot Track, possible Canberra Marathon (although not a confirmed race), Huskison, Kurnell Race Series, Sydney Marathon Clinic, Ocean swims, the Calendar of events will have all of us very busy during the 'race season' and I'M EXCITED about it all.

Don't forget to add CLUB CHAMPS to your race calendar. It is the race of the year and is the one that ends the season. More details will follow on this.

A big thanks this Newsletter has to go to Shot'is and Winky for organizing the fantastic 'Thredbo Training Camp'. I think we would all agree that the weekend was of huge benefit & although the cold, damp weather got to some of us, the rest of the gang powered through some extremely difficult conditions to finish an amazing ride to the high point of Australia. Well done to everyone who took part on the weekend. There were some extremely funny moments on the weekend but further about that from one of our new club members in the next Newsletter.

I have to make mention about the current training sessions being held by the club. It seems that the numbers for cycling sessions on Tuesday & Thursday's just continues to grow. I'm always so proud to ride with the gang from Balance on these days. We all give each other encouragement & each member made to feel welcome.

If you have not yet tried one of Helmets 'Death by Helmet' run sessions on a Monday & Wednesday then you better get your act together. These sessions are tough but extremely worthwhile to improve your running and strength.

But the surprise training session has to go to kb's 'House of Pain' session. WOW!! What a brilliant session of running, weights and strength. I was mighty impressed with this session and hope that kb can continue to bring her knowledge of strength training to these sessions.

Remember to stay safe on the roads & take care of each other.

Any stories for the Newsletter are welcome!

Cheers, AK - Editor & Chief - karinannconn@hotmail.com



Cheri 'kb's IM Update

Goodness me but how the time is flying by. It's now less than 7 weeks until Ironman Australia. My next 4 week training block starts this week and I will finally be starting to embark on some speed work.

The last few months have seen me building strength and endurance by riding long hours on the hills north of Sydney and running long and slow over hilly courses. My fitness has improved enormously and I feel stronger than ever. I often reflect on the milestones I achieve each week - my first 110km ride, my first 120km ride, my first 130km ride and backing these up with long runs or swims. I never thought I would have been capable of such distances but to get up the next day and do it all over again makes me realise how far I have come.

It is really so easy to downplay our achievements - we all do it - but every now and again sit back and take stock of where you are at and where you have come from. It really proves that we are all more powerful and more capable than we give ourselves credit - no matter what your goal, if you are determined enough, anything is possible.

In the last month I have taken 2 minutes off my 1km swim time (thanks to Nemo's assistance) and now average 1km/hr faster on my long rides. I regularly run for up to 2 hours with my longest run being 2 hours and 45 minutes.

As hard as I have been training I have been resting even harder. I am looking after my nutrition and making sure I spend some quality time relaxing - as Ice says: miracles happen when you are sleeping. I regularly schedule massages and I have been seeing my physiotherapist every month for a "tune up". There really is no point doing all this hard work if your body starts to fall apart.

When the going gets tough (and believe me it has) I visualise the finish chute at Ironman and see my self running down that blue carpet under the bright lights. My Mum and Dad will be there as will the Balance IM team. I can almost hear those magic words: Cheri Lutz, you are an Ironman!!!!!!



Pic taken at the recent IM Busso 09.

Nice pic kb!!



Tri Café information Jacqs 'Lubey' Webster

Tri Cafe, Australia's first online chat show dedicated to

For those interested in news and views on our sport, firstoffthebike.com has recently launched Tri Café, Australia's first online chat show dedicated to triathlon.

The show is presented by firstoffthebike.com's Phil Wrochna, pro triathlete Mitch Anderson and Herald Sun features editor Daniel Hoy, who discuss and debate topics of the day. It also gives triathletes a chance to be part of the medium, not just a passive consumer of it, with online visitors able to post questions and suggest topics.

The initial Tri Café series will run for eight episodes from January through to April. The first installment runs for nine minutes and can be viewed at www.firstoffthebike.com/features It discusses the early season accidents of the pros, Emma Snowsill's pending comeback and talk of Ironman Melbourne.

firstoffthebike.com has said it hopes Tri Café will be, "entertaining and confrontational, as well as informative". Triathlon Australia is not officially involved with the show; indeed, there will probably be times when TA will not agree with the views expressed. However, we certainly do offer in principle support to any initiative that helps lift the profile of triathlon and provides a further information source for our members. TA is also prepared to answer queries put forward via this medium.

Congratulations to firstoffthebike.com on their initiative. Whether you support or ignore Tri

Thanks Jacqs for keeping us informed!

Balance Babes Training Morning - Caroline 'Daisy' Audcent

Hello Balance babes,

Dave (Shot'is) has kindly agreed to host a Balance Babe Tuesday morning killer bike session!

When: Tuesday 16th Feb (just after we've all consumed copious amounts of V Day heart shaped chocolates no doubt)

Time: Meet at 0545 (usual sparrow's fart time)

Where: Concord West (usual street corner place)

Let me know if you have anything specific that you would like covered in the session.

I know some of you are super experienced and won't need any of Dave's tips but I didn't want to exclude any of the lovely BB's from this fabulous once only, never to be repeated offer....

Caroline



Find your balance at www.balanceclub.org.au



Education Evening Invite - Jocie Evison

NRG (Northside Running Group) has arranged a night of information on how correct diet & strength training can help us improve our running ability.

Where: Crows Nest Centre
2 Ernest Place
Crows Nest NSW 2065
Date: 23rd February 2010
Time: 7.00pm
Cost: \$15.00 per person

PRESENTERS

Susie Burrell (Sports Dietitian)

Susie is a sports dietitian and has worked with elite athletes for 10 years. She currently consults to the Parramatta Eels and is the consultant dietitian to supplement supplier Body Science.

Rachel Luff (cert IV Personal Trainer & L1 ASCA Strength & Conditioning Coach)

Rachel is a Cert IV Personal Trainer and Level 1 ASCA Strength and Conditioning Coach. Rachel Luff Rachel operates her business out of the Sydney Sports and Athletic Performance Centre. Rachel is currently undergoing certification in A.R.T (Active Release Technique)

Please email confirm of your attendance to Toni on Thackwill@bigpond.com by 19 February

Bike Accident - Information sent to Concord Tri Club

Cannibals,

A quick update to advise that he is fine, but Scott Aliprandi was involved in a cycling accident on the weekend.

I have chatted with Scott – who is back on his feet – just a little worse for wear.

On Saturday Scott was cycling down towards Berowra, when he had an altercation with a truck. The vehicle attempted to make a U-turn across 4 lanes (two each way) of traffic. Scott saw the truck and although moving at about 25-30km an hour, was unable to stop. He collided with the tray, hitting his head on it. He and the bike were one when he landed, but the bike continued under the truck and subsequently split into two. Scott was knocked unconscious for a short period, has concussion, took skin off his thigh and elbow when he hit the tarmac, and has bruising down his back, hip and ribs from the impact. In all, a nasty accident, but one in which he is glad to be able to limp away from.

Scott was admitted to hospital for observation, and checked himself out about 4 hours later. He is now taking it easy, but feel free to drop him an SMS on 0405 206 317. I think he'd like that.

A quick note on this. If ever involved in an accident – whether in the right (as Scott was) or not, always insist on an ambulance being called. If you've been hit, be adamant. NSW Ambulance services advise us (with our sanctioning every year) that whilst most people aren't equipped to assess injury and administer first aid, we can all ring 000 and get specialist attention there fast. An ambulance can always be cancelled 5 minutes later. The importance of this, is that it ensures that emergency attention is given as the first priority. So stay where you are (if safe), or get to a safe location and await the ambulance. The second aspect of this, is that ambulance attendance triggers other activities, such as a police report and / or attendance, formal identification of involved parties, drug and alcohol testing for drivers etc etc, which are necessary for insurance and other legal (liability) requirements.

So we are relieved Scott is OK, and relieved that the incident, whilst a bit sickening, was not more serious. I've told Scott on behalf of the club, that we are thinking of him and hope that he makes a quick recovery.

CTC

Balance Tri Club Members please take note of the information supplied!! Take care all on the roads please.

It has been a very busy few months with three families being helped by your efforts through the Foundation.

The first of these was a family with two small children. Through one of our sponsors, we were able to provide a little respite for all concerned by having them personally meet the Wiggles and attend one of their concerts. Although it was intended for all the family, the father was not able to attend as he was re-admitted to palliative care just prior to the concert. Aged only forty, he passed away shortly after Christmas. His loving wife was always by his side and she now faces the daunting task of caring for their children without their dad and her best friend.

The second family also comprised two young children. The father, who was only 38, passed away in early February. During his journey, his wife held down a full time job during the day and worked at a supermarket checkout in the evening, all to keep a roof over their head. As if this was not enough, she also nursed her husband and cared for the two children. You stepped in by paying for her husband's pain medication, which until the Foundation was contacted, was adding a crippling burden to an already stretched financial position.

Strangely we discovered later that both their husbands were in the same hospital ward at different times and that their children attended the same school. It is our intention to introduce the two mothers to each other in the near future in the hope that they can help each other in facing the dark and lonely days ahead.

The third case involves a young woman who has only been married for seven months. She has developed a very rare type of liver cancer and is a very sick young woman. Her prognosis is poor but she is determined to fight on and is an inspiration. When asked if there was anything she wanted to do in her life she replied that she wanted to swim with dolphins. Well, you guessed it. With a lot of persuasion and with kind help from a young lady at Seaworld we were able to grant her wish. She battled pain and illness to go to the Gold Coast where Seaworld put on a special performance for her and she 'cuddled' a dolphin. Her young husband is constantly by her side and it is distressing to hear him tell you that when he wakes during the night he looks over to see if his bride of seven months is still alive!

It is not always money that these people need, but emotional support and a willing ear. They are all courageous and it makes you count your blessings on a minute-by-minute basis. Of course, where we can relieve or remove the financial burden then this removes another thing for them to have to contend with at the very lowest point in their lives.

Please take pride in what you are doing for the Foundation for these people are those in society that don't fit into some predetermined government category and as a result often fall through the cracks. I have come to realise one thing and that is that it is no longer six degrees of separation, but more like two degrees when you realise how close these circumstances can come to yourself. In the case of one of the families above I didn't know, until after the husband's death, that I had actually known him as a young boy. He died not knowing that we had met again under different circumstances.

Thank you all for your ongoing support and for sharing the bounty of your life with those less fortunate. I hope to bring you further updates through this newsletter as they occur.



Race Report - Lauren 'Loz' Bailey

Geelong 70.3 Half Ironman 7.2.2010

With the family in toe for support I headed to Geelong on Feb 7 for Geelong 70.3 HIM. Saturday brought 40km/hr winds putting nerves in all athletes but race day brought for some better racing conditions. A chilly start...I was shaking in the water even in my full length wetsuit...but warmed to a 30deg+ day!

Not such a good start to the race for me however... had a bit of a panic attack in the water about 500m in after being whipped around in the middle of the white wash of swimmers in a mass swim start (1100 athletes at once). Couldn't breathe so ended up breast stroking a bit until I could get back in rhythm. Definitely learnt my lesson... I plan to stick to the sides from now on regardless of whether it adds some distance! Came out of the water in 40:44 which is still my quickest time yet so I must have been pulled along by the wave of swimmers a bit as well I think!

Happy just to get out of the black oil slicked water I was ready to test out my new bike! Not a bad course....a quick climb to start, slow through the botanical gardens then an undulating course out of town into the wing with one long hill in the middle but some good descends and tail wind on the way back in! Finish again in a new PB bike time for me of 2:57:27.

Run...my favourite part didn't start so great either with my ankle playing up a bit but settled in after first lap. Some hilly bits made for a challenging course. Warming temps slowed everyone a bit but was more to my liking! Finished solidly with time of 1:45:49!

Overall finished 5:29:12 knocking 7mins off my previous PB! Happy with result considering my horrid lead up of gastro and blue bottle stings in the weeks prior. Although not feeling so hot on the day I am back in super motivated mode again like I always am immediately after racing and can't wait to race



Nice report Lauren!!

Congrats on your PB & great race!! AK

Notices

- **Ironman Australia BBQ - Helmet & KB** (Rob & Cheri) invite Ironman competitors, their friends, family & supporters to a pre race Ironman Australia BBQ. Come along and hang out with Balance Tri Club's 2010 Ironman racers in their countdown to March 28th - ask them questions about their training, race plans, pre race nerves, race nutrition and plans post Ironman!

When: Saturday 27th February from 3pm

Where: 92 Silver Street, St Peters "The Gum Tree"






Bring: Whatever you want to drink

RSVP: Thursday 25th February 2010 rltz@bigpond.net.au or KB on 0418 433 502

Everyone welcome!

Our Sponsors

Balance & UTS Tri Club is proudly supported by:

	<p>Balance & UTS Tri Club is an affiliated club of the University of Technology Sydney Union LTD: www.utsunion.uts.edu.au</p>
	<p>Cell Bikes is one of Australia's largest online bike shops with a range of great deals both online & in-store: www.cellbikes.com.au</p>
	<p>Running Science provides professional advice from Podiatrists and Sports Science staff to make the choice of your next pair of shoes easy: www.runningscience.com.au</p>
	<p>Designcycle is a boutique graphic design agency that prides itself on creating high quality brand design, graphic design, advertising and web design: www.designcycle.net.au</p>
	<p>Anna is a fully qualified and highly trained therapist providing deep tissue and remedial massage: www.thegoldenlotus.com.au</p>