

North Island Club Champs Great Turnout

VOLUME 1, ISSUE 2

TriSport Taupo had a great turn out at the recent North Island Club Duathlon Champs held in Rotorua a few weeks ago. TriSport Taupo did exceptionally well with Shea Reardon winning the Junior Female Grade and Ray Docherty Winning the Super Vet Grade. The Team that participated:

Shea Reardon
 Ray Docherty
 Richard Hood
 John Glanville
 Cameron Todd
 Josh Kenyon
 Andy Bloomer
 Shane Nairn
 David Stutz
 Jocelyn Hood
 Chris Todd
 Erin O'Hara

Tim Wilding
 Alasdair Slade
 Andrew Russel
 Kevin Raven
 Mark Aldridge
 Ian Carppe
 Richard Murphy
 Andrew Maisey
 Marty Davenport
 Ben Watson

We had great placings from the following members: Tim Wilding, David Stutz, Richard Hood, Chris Todd, Erin O'Hara, Andrew Maisey, Jocelyn Hood, Cameron Todd.

These great placings earned TriSport Taupo Forth Place in the Champs. This can only be improved on. Bring on the next team challenge.



Great Turn out!

Tri-Sport Taupo Team that attended the North Island Duathlon Champs in Rotorua a few weeks ago. Check out

<http://www.rats.org.nz/> for more information.

What's Happening?

- **Tuesday Night Training runs leave outside House of Travel at 5:30pm every week. This is a 14km loop or whatever you make it.**
- **Tuesday at 6pm is cycling at the Motor Racing Circuit bring your lights.**
- **Wednesday night 4pm Intermediate Cycle Training, 5pm Secondary School Aged at Owen Delany Velodrome.**
- **Thursday night at Top Gear Cycles there is a wind trainer session free of charge. Bring your trainer.**
- **Sunday morning at 9am outside Top Gear Cycles is a road bike bunch ride for all levels**

How to Join the Club

Collect a calendar from any sports store, bike shop in town or download one from www.trisporttaupo.co.nz and fill it in and send it to TriSport Taupo, PO Box 292 with your payment. We are raising the bar this year with more information for Triathletes and people wanting to get fit for the summer months. The club is always interested in providing its members with up to date information

and quality events . The next event on the calendar is the SportsShop Duathlon at AC Baths Avenue, 6pm on the 29 of October.

If you want to know anything more just drop us a line on info@tarts.co.nz

Or give Mark Aldridge a call after hours on 07 3788090. Or Mark Gibson on: 07 3770552 Wk Hours

Juniors Clean Up

Juniors cleaned up at Levin Cycle Champs on the weekend. Some stand out performances from the Intermediate boys (Nick Cameron and Jesse Douglas), Cameron Todd, Shea Reardon, Sonia Williams, Ally Heenan. Special mention has to go to Briar Prestige who had a bit of a fall.



Tri-Sport Taupo Proudly Supported by



This months feature article brought to you by Kevin Raven active committee member for Tri-Sport Taupo

RUNNING IS THE SIMPLEST OF THE TRIATHLON DISCIPLINES BUT OFTEN THE MOST NEGLECTED SO MAKE ALL RUNS COUNT.

Having run about 50 marathons over the last 30 years with a worst of 5hr 24 mins and a best of 2hr 28mins I have learnt there is a lot you can do to maximise your potential.

Here are a few points to ponder.

WHAT IS THE PURPOSE OF THE RUN and how it is going to add to your next racing performance? If it is a recovery run then run easy. A heart rate monitor can be useful to ensure you do go easy. Avoid competitive mates on these days. If it is a time trial or speed work then put your full effort into the intense parts of the workout with a good warm up and cool down. Always think about what you want to achieve.

WHAT IS MY RUNNING FORM LIKE ? Relax while you run. With your hands brushing your hips as they swing through you should be relaxed through your shoulders and chest. As your hands rise tension tends to increase in your arms and chest. Arms can be used to drive your legs and you will find using your arms to drive your legs towards the end of a race can be useful. Ask somebody to observe your style and comment. You are less likely to get injured if you are relaxed. Sometimes stopping for a short walk part way into a run can release tension.

WHAT IS MY RUNNING CADENCE? I run at a leg turn over of about 90 per minute. (this means my right leg hits the ground 90 times per minute) It is an easy thing to measure. If you can develop a higher cadence you will find it easier to run faster off the bike.

HOW IS MY BREATHING? Develop a good rhythmic breathing pattern and ensure you emphasize the outward breath. This means you exercise your stomach and diaphragm fully. Often stitch can develop while running downhill which is when you may be breathing passively. Breathing out through your nose can help alleviate the stitch as you will have resistance breathing out.

HAVE I GOT GOOD SHOES? They need to be replaced more often than you think. Replace your shoes at least each year. Shoes compact particularly in the forefoot and then start throwing your gait out. You may notice you have sore knees. Have more than 2 pair of shoes to run in and alternate the use of these to avoid overuse symptoms. Shoe soles take 24 to 36 hr to restore themselves after a run.

PRACTICE BIKE TO RUN TRANSITIONS. Get used to that initial change from bike to run.

LEARN HOW TO PACE YOURSELF. Do this by doing sessions where you time yourself over measured distances in training. Vary your running distances and include some relaxed stride

outs over 100 to 200 metres. By Kevin Raven (Tri-Sport Taupo)

This months Committee Member Corner.

Role on Committee Name:	Secretary Irene Docherty
Age:	Old enough to have a 31 and a
Favourite	Avanti
Favourite Run	Adidas
Favourite wet-	Orca
Best Triathlon	Kinloch
Goals:	Go to the Bei-
Favourite	Meat Lovers
Favourite	Mizone 5 Minutes to work
Best thing Profession:	Secretary H&G

