



**Taupo Multisport
Newsletter
November
2001**



President Report

Hi Everyone

Daylight savings has arrived and so to has the tri-season.

Firstly I would like to say a big hurrah to Pat Te Kahu for achieving the pinnacle of Ironman, Kona. We look forward to seeing him on his return from Hawaii.

Our website is now on line and I think it looks great, so please check it out at this time at www.TARTS.co.nz/temp.

The website will be updated regularly with race results, photos and the newsletter. So please be sure to put your email address on your membership form.

Our Monday night duathalons start on Nov 5th, so hope to see you all there and bring along some friends.

Also hope to see you all at the sponsor night held at Scenic Cellars, 7pm Thursday 15th November, \$5 entry for nibbles and drink, speakers to be confirmed.

Finally for events my little baby, the Aspiring Womens Try-athalon, to be held at the Events Centre with a pool swim on Sunday December 2nd. This is a very have a go event so encourage all you female relatives and work colleagues.

We hope to really promote TARTS this year with radio and newspaper advertising, but the best form of advertising is always word of mouth. So spread the word what a neat bunch we are. And I challenge you all to bring a friend who is not a member to each event.

Looking forward to seeing you out there soon.

Nikki

placed hip-width apart, quads taut. Again, pull feet toward each other without moving them.

DOWNWARD FACING DOG POSE

From the lunge, go straight into this all-purpose stretch, which is great for the hamstrings, calves, shoulders and lower back. First, take your right foot back and place it next to your left foot. Place your feet hip-width apart and your hands shoulder-width apart on the floor. Bend your knees and lift your buttocks up high so that your pelvis tilts, making the lower-back arch.

Next, press down firmly with your hands (particularly the inner edges from the base of the index fingers to the thumbs) and visualize your spine and torso lengthening. Slowly straighten your legs, keeping the buttocks high while lowering your inner heels toward the ground (they don't have to touch the ground). Release your neck and let your head hang freely. Breathe evenly while keeping this pose for 1 to 2 minutes. Finish by lowering your knees to the floor and sitting back on your heels.

HAMSTRINGS

While lying on your back, draw your left knee into your chest. Clasp your hands around the back of your thigh and press your thigh into your hands. Keeping the thigh taut, slowly extend your left foot to the ceiling until your leg is straight. Press your heel to the ceiling (point with the heel, not the toes). Keep the right leg extended, with the right thigh pressing down and toes pointing up throughout the stretch. Switch legs and repeat. Variation: Do this stretch with a strap or jumprope around your raised foot, which makes it easier to keep the leg fully extended.

THREAD THE NEEDLE, FOR THE PIRIFORMIS

For a great piriformis (outer hip) stretch, lie on your back, bend your knees and bring your feet to the floor near your buttocks. Place the outer edge of your left foot on your right thigh near the knee. (Let your foot cross beyond the thigh if you're tight.) Wrap your hands around the right thigh or shin and draw it toward your chest. Keep your head relaxed on the ground, or support it with a towel. For a deeper stretch, gently press your buttocks downward until your lower back arches slightly. Switch legs to stretch the right hip.

LEGS UP THE WALL

Elevating your legs is one of the quickest ways to rid them of fatigue. To get into position, extend your legs up the wall and let the full weight of your back release down into the floor. Get your buttocks as close to the wall as possible, backing away until your lower back is fully supported on the floor. Close your eyes and breathe quietly for up to 5 minutes. This position will gently stretch the hamstrings and lower back, and it's a restful way to end your routine.

Committees News

President	Nikki Bannerman 377 2552 021 358 451 nbannerman@xtra.co.nz
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Committee	Ray Docherty Mark Aldridge Wayne Reardon Steve Currie Trevor Watts Anna Barker Debbie Littlewood Drew Richard Stringfellow Andy Bloomer Bruno Stutz

Sponsors Evening and Season Opening for Tarts Members -
Scenic Cellars - 7th November- Cost \$5.00 - includes finger food, beverages & Guest Speakers

Our own web page for Taupo TARTS
www.tarts.co.nz/temp have a look

TRI / ROAD BIKE FOR SALE

Avanti vivace with aluminium frame, 18 speed shimano gear, mavic rims, aero bars,cage and its a compact frame to fit rider around 5'10. Ridden 1000kms 6 months old, mega excellent condition \$1800 Call John.ph/fax07 3782480 or matipo6@reap.org.nz

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If you read this and don't get a copy
Become a financial Member of the TARTS club
and you will be sent a copy.

Coach's Corner

"High intensity interval workouts can increase your tolerance to lactic acid. Fast interval sessions also increase your neuromuscular coordination, which will allow you to run faster without generating as much lactic acid. A workout to try: Run two sets of 3 x 300 meters at your 800-meter race pace (not quite a full sprint). Rest 2 minutes between the 300s. Rest 5 minutes between sets."

-Ed Eyestone, men's cross-country coach at Brigham Young University

Workout of the Week

Got a 5-K or 10-K race coming up? Try this workout:

After a warm up, run 2 minutes, rest 1 minutes, run 3 minutes, rest 1 1/2 minutes, run 2 minutes rest 1 minute. Do three sets. Work each set as a fast tempo pace; finish the last set at race pace. Finish with 6 X 30 second pick-ups. Cool down.

Clearing the Hurdles

Hurdle: Before the start of a race you experience unbelievable nervous anxiety. Solution: Mental preparation is just as important as hard training. Practice relaxation techniques to reduce stress. Use positive mental images to relax yourself and visualize a strong race finish, or recite a mantra ("I can do it.") Remember, the race is between you and the clock!

Send Your Friends Free Newsletters!

It's true. The renowned Runner's World newsletters are delivered free to your inbox every Tuesday and Friday morning. Tell your friends about us.

They can subscribe to RW Training Extr@ or RW Extr@ too. Just have them log onto:

<http://lists.rodale.com/UM/T.asp?7.90.166.3.52238>.

Reminder

First Duathlon will be held on the 5th November

See you there.

Also

Womens Tri, Events Centre Dec 2nd Sunday, 1.7km run/walk, 10km bike, 150m swim.

Stretches

The following eight exercises for runners are based on the Iyengar yoga method, which involves contracting and stretching the muscle simultaneously. Iyengar requires a combination of stretching, strength, balance and breathing that demands your full attention. With these exercises, you'll get a taste for the technique, but the best way to master it is to take classes (call your local Y) from an instructor who's been trained in the Iyengar method.

Do these stretches in the order they are presented. With each, carry out the isometric actions described for the full length of each stretch, breathing evenly through your nose. Hold each stretch for at least 15 seconds (unless otherwise noted) and repeat all stretches at least two times if possible. If you do them outdoors, keep out of the midday sun. Most of all, let your brain "get quiet," and focus your attention on the place of maximum stretch sensation, using your breath to gently soften and relax any tension. With each stretch, find the optimal balance between effort and ease, just as you would on a run over your favorite course.

CALVES

Upper calf: With your hands on a wall, slide your right leg back two or three feet and lean forward onto your left leg, knee bent. To stretch the right calf, straighten the right leg and firmly press the heel onto the floor or ground while letting the hip come forward. Point the toes of your right foot forward, not out to the side. Lower calf: Slide your right foot forward a foot and bend the knee as much as possible while keeping the heel pressed firmly down on the floor. Repeat both stretches with the left leg.

RUNNER'S LUNGE, FOR HIP FLEXORS

After completing the last stretch, place feet shoulder-width apart, then bend your knees and bring your hands to the floor beside your feet. Take your left foot back until the leg is fully extended straight behind you (your right shin should form a right angle to the floor). Press back through the left heel to stretch the back of the knee. Push up from your fingertips to allow your chest to "open" and face forward. From this right-leg lunge, go to exercise #5, but be sure to come back to a left-leg lunge followed by a final minute or two in the "dog pose" before going on to exercise #6.

QUADRICEPS

With one hand on the wall for support, use the other to grasp your foot behind you. Keep your standing leg firm (keep the quadriceps taut) and stand up tall. As you draw the heel toward your buttocks, press the bent knee forward without actually letting it move too far in front of the standing leg's knee. Gently tuck your tailbone forward at the same time, which will increase the sensation of lengthening in the quadriceps. Repeat with the other leg.

KNEE / ILIOTIBIAL BAND

Put your hands on your hips and cross one foot over the other. Tighten your quads, then inhale and stretch your torso up. On an exhalation, bend forward at the hips (not the waist), coming down as far as you can. Rest your hands on the floor or on a support for balance if needed. Once down, "pull" your feet toward each other without actually moving them, to engage the iliotibial band. When you come up, keep your back straight. Repeat with your legs crossed the other way. Lastlv. uncross your legs and repeat the forward bend with your feet

Sent: Thursday, August 09, 2001 4:18 PM
Subject: On Yer Bike ... Again

Selamat Paggi (that's Good Morning)

It's great to be back on our bikes again although we did have some protesting for the first couple of days while our butts got used to the idea - they have now returned to their leather-like condition!

We have had a cruisy 700km ride up the east coast of Malaysia and we will cross the border into Thailand tomorrow. Malaysia has been cruisy in every sense of the word: the coast was flat, the only wind we had was a tail wind, cloudy most days, the roads are quiet and so sedate after Indonesia, and they are also in very good condition, with a wide hard shoulder most of the time. The word must be out that the cycling is easy here as we have seen or met 9 cycle tourists in the last week, having met only one in three months in Indonesia.

Our shortest ride was a 55km day, leaving most of the day for the beach, and our longest day was yesterday when we covered 140kms. Cycling through the jungle is good, we have seen heaps of monkeys, the kingfishers are incredibly blue and we had a couple of real close ups of hornbills.

Malaysia's beaches have been a little disappointing - often covered in litter, certainly far from unspoilt. We are looking forward to Thailand's beaches and Islands.

We are enjoying lots of Rambutan and Mangosteen, lots of variety available in the fruit department, and all fairly cheap. Malaysia is more expensive than Indonesia, to be expected as the standard of living here is so much higher. Roti is our favourite b/fast (beats fish curry, that's for sure) but yesterday we biked 67 kms before we found any. We have adapted to the sweet tea and coffee, made with condensed milk - sounds disgusting, but actually its delicious.

We've just been to the morning market - always interesting to check out - one thing you just can't capture on film is the smell of the fish market!!

Love to everyone
Alison & John

... Upcoming Events

2001/2002 Events Calendar

8th December 2001	Tim Man Tri	Mt Maunganui
24th December 2001	National Sprint Champions	Orewa Auckland
30th December 2001	Ocean Sprint Tri	Mt Maunganui
6th January 2002	Triathlon Selection race	Nelson
6th January 2002	National Multisport Champs	Nelson
5th January 2002	National Long Distance Tri Champs	Tauranga
17th February 2002	Triathlon Selection race	Napier
2nd March 2002	NZ Ironman	Taupo
23rd March 2002	National Triathlon Champs ITU	
Ocacia	Queenstown	
June 2002	National Duathlon Champs	Rotorua

Triathlon New Zealand Events Calender for 2001/2002 season

23 December 2001, National Sprint Championships, Orewa, Auckland
5 January 2002, Triathlon Selection Race, Nelson
5 January 2002, National Long Distance Triathlon, Tauranga
6 January 2002, National Multisport Championships, Nelson
17 February 2002, Triathlon Selection Race, Napier

Just a quick funny

What do you call a donkey with one leg?

A wonky donkey

What do you call a donkey with one leg and one eye?

A winky wonky donkey

What do you call a donkey with one leg and one eye makin' love?

A bonky winky wonky donkey

What do you call a donkey with one leg and one eye makin' love while breaking wind?

A stinky bonky winky wonky donkey

What do you call a donkey with one leg and one eye makin' love while breaking wind, wearing blue suede shoes?

A honky tonky stinky bonky winky wonky donkey

What do you call a donkey with one leg and one eye makin' love while breaking wind, wearing blue suede shoes and playing piano?

A plinky plonky honky tonky stinky bonky winky wonky donkey

What do you call a donkey with one leg and one eye makin' love while breaking wind, wearing blue suede shoes, playing piano and driving a Bus?
Flippin' talented

Sent: Saturday, September 22, 2001 10:35 PM

Subject: Cha cha - slowly slowly

Hi Everyone

You are probably thinking we have taken a wrong turn and disappeared off the face of the earth - but no, just not frequenting the internet cafes.

We have now been in Thailand over six weeks and haven't quite made it to Bangkok yet - its only about 200kms from where we are today, but still about a week away as we won't be going directly there. The cycling continues to go well with the wind always at our backs and Thailand is pretty flat so we are not getting in a lot of hill work for Laos. We get up in the morning, into the cycling gears, load up, put the bikes in cruise control and away we go. We have had no technical hitches, other than John's bike computer which protested even louder than John the first time it got wet and refused to go again. A quick email back to the bike shop and rather fortunate timing had a replacement couriered over with our friends, Sharon and Derek, who we had plans to met on Koh Pha Ngan. Easy as that.

We have had a pretty good look around southern Thailand, the south west monsoon hasn't given us too much grief, really only on the west coast. We have been through so many fishing villages and towns, really enjoy getting off the beaten track - which also forces us to learn a bit of Thai. Asking where the toilet is isn't that easy if you don't the word - sign language is a bit too explicit! We have, out of necessity, quite a vocabulary - but mainly to do with ordering food and drinks - I bet that surprises you. We also got the counting sorted when John carefully selected our accommodation at the top of 127 steps.

We have been following in Matt and Kirsten's cycle tracks for a while now but will lose the trail when we head off to Northern Thailand.

Dogs - Indonesian dogs were never a problem, usually they were so lethargic they didn't show any interest in us and in predominantly Muslim areas there are no dogs anyway. Thai dogs are a different story - they are generally healthier and happier and take delight in chasing farangs on bikes. Sometimes they just think its fun to chase us, others take it a bit too seriously and the cunning ones don't bark so you don't even know they are there until they've caught you, but the best ones are the dead ones on the highway. So where have we been for the last six weeks? We cycled up the east coast, through the mostly Muslim fishing villages, really enjoyable cycling, off the main roads with very little traffic. We then crossed to the west coast, where we had a few days on an Island, Koh Lanta, unbelievable mud - we can understand why the island becomes inaccessible in the rainy season as an overnight shower made it almost impossible to leave

Wednesday they meet after school for speed training and there are up to 40 boys. Tuesday and Thursday morning at 6.00am is also training for him. The boys are all coached by a teacher who is awesomely fit and keeps them all on their toes. They compete over various distances each weekend. Paul has had tremendous success so far. There is very fierce competition and his best placing to date has been a 4th. In 3 weeks time the schools compete in a huge competition called GPS (Greater Public Schools) This is the culmination of the cross country season and the cudos that goes with the winning of this event is huge. I think I shall be more nervous than him.

We recently competed in the Gold Coast . I ran in the half marathon and was placed 6th in the W40-45 in a time of 1:33:37. Paul ran in the 10.0km event and was placed 2nd in the BU18 in a time of 39:25. He has finally cracked the 40minute barrier. The day was awesome with 8000 competitors. Thank goodness for the timing chips on your shoes.

There is an 11.0km event coming up on the 5th August which runs across the Gateway Bridge to the city (for those of you who know Brisbane) and the Noosa marathon, half marathon, 10km and 5km events coming up on the 26th August. Both are huge events with terrific turnouts.

Training is brilliant here with absolutely ideal weather. At the moment we are ranging from 4'C - 22'C. I know, it sounds terrible but somebody has to live here and fly the Taupo flag.

The Noosa Triathlon is on again this year in November and for any interested we would be more than happy to provide a bed (so long as the whole club doesn't turn up)

Congratulations to all of you who accomplished the Ironman. What an awesome achievement. To all the rest of you we wish you all a successful Triathlon season. We are only sorry we won't be there to keep you all honest. Taupo has an awesome club that needs all the support you can all give. Keep up the good work.

Happy training

Sharon Berry

water filter every day when in Indonesia it was every 3 to 4 days. Sometimes it is very slimy and brown. It is a wonder we have not been sick yet.

The traffic is starting to get thick again as we near Bangkok, this will be solved tomorrow when we head away from the main road again on our way to Kanchanaburi.

We are still loving the food but I must admit rice and noodles are slightly less attractive than they were 5 months ago. We try to eat different things but it is hard as European food is often expensive or you simply can not get it in out of the way places. One thing you can be sure of, we will not go hungry.

Thats all the news for now. Thanks to everyone for writing to us.

Love and best wishes

Alison and John

Subject:

Sharon Berry

From:

"Brendan R Berry" <brendan.berry@bigpond.com>

How are you and how are is the magazine going ? Dad has sent me the latest and I thought I must drop you a line of our escapades in Brisbane. Our e-mail address is: brendan.berry@bigpond.com.au

Brisbane is certainly a big place compared to Taupo and it is taking a while to find our way around. Learning how things work is a mission in itself, but we are getting there and this Triathlon season promises to be a good one. We have not as yet joined any clubs but there are many different options available when we are ready.

I belong to a running group and we train on a Monday night at 6.00pm and Wednesday night at 6.00pm. Monday is long and slow and Wednesday is an hour of speed work at the AFL oval. Over the years I have done various kinds of interval training but generally on my own and now there is a group of us and it is so structured and disciplined with a coach to time and encourage. I am fair knackered at the end of it but thoroughly enjoy it too. Many of the combinations we are doing I have never done before so it is also interesting. We are also very good at dodging balls as there is league practice on at the same time.

Paul is in the college cross country team. He trains with them and his mother.

Well, sounds like a good story, anyway. We had a great bungalow for a 100Baht (\$5 NZ) a night - that's about as cheap as it gets. From there we went to Krabi, then Phang Nga which we really enjoyed but we copped a bit of rain, then we crossed back to East Coast and headed north.

Half way up the skinny part of Thailand, we spent a few days with a friend and his Thai partner in a small village. We had a great time, seeing something of "the real Thailand" and village life. Mal showed us all around the region and took us to places we wouldn't have otherwise seen, cooked us roast dinners, and Wow, his partner cooked us Thai food and spoilt us too.

We left our bikes with Mal and Wow while we went out to the islands for eleven days, firstly Bottle Beach on Koh Pha Ngan (Rhonda, its probably not quite as unspoilt as when you were there) but still nice enough. Then we walked over the hill (I don't know why we couldn't take the longtail boat, John) to Nai Pan Noi. So much development has happened in the 2 1/2 years since we were there in '99, we splashed out on a "luxury bungalow" for the grand sum of 300Baht (NZ\$16). Of course these terms "luxury" and "basic" take on a whole new meaning when you're travelling. A couple of nights ago we had a "basic" bungalow which gave a new meaning to the word, a box on stilts with a two inch mattress on the floor. Well what do you expect for five bucks a night? Hard mattresses - the polystyrene one definitely takes the cake. We had a great time at Nai Pan Noi with Sharon & Derek and Ken and Tracy, it was so nice to spend some time with friends from home. They spoilt us rotten which was really nice. Loads of swims every day, and generally a relaxing time, enjoying a few beers and catching up on news from home. I didn't want to leave and say goodbye to the others, but my bike seat was calling.

John here, giddyay:

Back to Mal and Wow's, another roast dinner, a few more beers, then off in the general direction of Bangkok, up the East Coast. Went straight back to the beach and had a night at a resort place north of Chumpon. It was then north again stopping every 100 or so kms till we got to Hua Hin. Now I believe this place used to be lovely but it would appear that tourism has destroyed it. There are Girly Bars all over the place. Some names include, Hogs Breath and Hard Cock Cafe, yes that right, Cock. This is a new version of Hard Rock I suppose. We only stayed there one night as it is noisy and bloody expensive. Today we only rode 65 kms and are now in a town of 40,000 people and a whole heap of Wats which we have seen this afternoon.

Some of the smells in this country are incredible. The smell of cooking is irresistible but the other smells are not so good. Sometimes the rivers and drains pong pretty bad. Today I was almost gagging when we were walking around town. It is the raw sewerage smell that really gets me as I have to clean the