

.. FLEET FEET TIMES ..

Volume 4 Issue 5

SEPTEMBER 2001

FFT AGM

Our AGM is to be held on the 22nd October 2001 at the Green Hut at 8.30PM.

There will be several vacancies on the committee this year. Jim will be stepping down as chair after 2 years in the post as will Bill Roney as vice chair. Bert McIntosh has been on the committee for several years and will be stepping down as well, as will Graeme James the membership secretary. So guess what we need several new committee members.

Any nominations should be sent to Glen Beck before the AGM. Please also remember we will be looking for people to organize our races. Non committee members have been organizing the FFT races for a couple of years now and it is a system that helps spread the work load and is greatly appreciated. If there is anyone who would like to take over the newsletter role I will gladly step aside and do something else. Please come to AGM we have a huge membership, so let's see you all. Even if it's just to show your support. You will not be press-ganged into anything.

SEE YOU ON 22/10/01



The Editors Bit

Well here I am sandwiched in the middle this month. Please come to both the events on either side. The AGM as we need to have the committee to have a club and the Christmas social as it was so brilliant last year.

This has been a good year again for FFT. Membership has grown again, but on the whole with people who do not seem to actively compete. On the competitive side we have been well represented at many of the events throughout Scotland with club members going to Orkney, Denmark, England and Canada to compete. I for one have greatly benefited from the knowledge and skill from the coaches and other club members this year and would urge other members to get more involved and start to race. It is great fun, very sociable and you never know what you could manage.

As we turn to the winter season it is a time for having a wee rest before the real work of winter training starts. For me the cold bike rides loom with dread, those cold feet, but the scones and tea at Banchory, well -yum!



The Splash & Dash/Fleet Feet Christmas 'bring a party to a party' is to be held on Saturday 1st December at the St Leonards Hotel. It is a 4/5 course dinner followed by dancing to Bobby Jackson on his accordion and a disco. 80 places have been reserved, the cost has not been set yet but £20 +. I know it is early but I just want to let you know so that date can be marked on your calendars. Places can be booked by contacting Mary Birse on: mary@mbirse.fsnet.co.uk (Mary) or speak to her at circuits or Splash n Dash.

I have included the winter training sessions. Turbo will have started when you get this and circuits will be imminent. Race reports are in short supply this month. I am afraid I have not given in and written them myself. But well done to all those who have raced over the season. Our very own Ironman Lindsay has written a great report of his experience. Let's hope it will inspire you all.

Happy training.
Mo

FLEET FEET TRIATHLETES

COMMITTEE MEMBERS – Year 2001

Chairman Jim Stark
Fetteresso Lodge
9 Bath Street
Stonehaven
AB39 2DH
Tel: (01224) 248455 [day]
(01569) 764675 [eve]
Fax: (01224) 248454 [day]
(01569) 764675 [eve]
E-mail: nscompac@netcomuk.co.uk

Vice Chair Bill Roney
7 Castle Street
Stonehaven
AB39 2PA
Tel: (01569) 763439 [eve]
E-mail: bill.roney@smit-scotland.com

Secretary Glen Beck
13 Bernham Cres.
Stonehaven
AB39 2WQ
Tel: (01569) 765313 [eve]
(01224) 647770 [day]
E-mail: glennb@pl-ltd.com

Treasurer Chris Milton
(01224) 741400 [day]
E-mail: : jcmilton@brovig-rds.com

Membership Secretary Graeme James
54 Binghill Cres.
Milltimber
Aberdeen
AB13 0HP
Tel: (01224) 733095 [eve]
(01224 744044[day]
E-mail: catbeam@jameshqfreeserve.co.uk

Events Co-ordinator Chrissie Gutteridge
21 School Road
Stonehaven
AB39 2FB
Tel: (01569) 766384 [eve]

Coach Carol McLaren
74 High Street
Stonehaven
AB39 2JQ
Tel: (01569) 763924 [eve]
(01330) 824870 [day]
E-mail: cmclaren.lr@aberdeenshire.gov.uk

Newsletter/Sponsorship Mo Howard
12 Queens Road
Stonehaven
AB39 2HQ
Tel: (01569) 767190 [eve]
E-mail: DrDHoward@aol.com

Equipment Bert McIntosh
Morven View
Banchory
AB31 4HD
Tel: (01330) 844633 [eve]
(01330) 860751 [day]
E-mail: bert@mphltd.co.uk

FFT TRAINING SESSIONS

Monday:

Swim session 7AM-8AM Stonehaven Leisure Centre. Cost £ 1.70

Circuit Training Green Hut 7 PM. Run & circuits. Coach: Carol McLaren Cost £ 1.50 members, £ 3 non members.

Tuesday:

Run Session with S&D, 7PM, coached by Carol, cost £ 3(includes swim) or £ 1.70 run only
Coached swim session with Carol 8.15PM, cost £ 2.10 Stonehaven Leisure Centre.

Wednesday: Turbo Session. 7PM Green Hut. Coach Sarah Phillips. Cost £ 1.50 members, £ 3 non members

Thursday:

Run session, Leisure Centre, cost £ 3, includes swim or £ 1.70 run only Coach Carol.

Friday: Circuits. As Monday

Saturday:

Run session, Fetteresso Woods, off road 3m+, 9AM sharp.

Sunday:

Cycle, Stonehaven Square, 9 AM sharp. (There are other groups that go , so ask around)

If you have any queries about the sessions or your training please speak to the coaches at the sessions. They are happy to speak to you at others mutually convenient times. However a charge maybe made for this.

CIRCUITS: Will restart on Monday 1st October at 7PM sharp. Anyone taking part will have to take part in an induction evening on the 1st October or be prepared to sign a disclaimer. The induction evening has been introduced to ensure that all newcomers and those old timers who wish are competent at doing the exercises correctly. Normal circuits will resume on the 5th October and thereafter inductions will only be held on Fridays. Cost is £ 1.50 for members and £ 3 for non members.

NOTICEBOARD

Private adverts welcome free of charge. Business adverts £5 ¼ page ,
£7.50 for ½ page. Contact: The Ed. Tel: 01569 767190

Club Equipment To Hire & Borrow

The club has the following items that maybe borrowed free of charge: Bike Stand, Aqua Jogger, Tool Kit

Bike bags and boxes are also available for hire at a cost of £ 10/week, £ 5/4 days, and £ 2/day.

Contact : Jim Stark
Tel: 01569 764675

Club members are asked to note that Club Members on International Duties will take priority. It is their duty to ensure that they make their booking 28days in advance. This booking will then take priority over any booking previously made.
The FFT Committee has taken this decision.

FLEET FEET WEB SITE: www.fleet-feet.com

www.nelly.free4all.co.uk

Ironman in Denmark

ITU long course world championships

I had toyed with the idea of doing an Ironman since I first started triathlons back in 1996 but until this year never committed myself to going for one. Primarily because I was such a useless cyclist. (Getting thrashed by women on mountain bikes when I was on my racer was not unusual). So last September I started going to the turbo training sessions on Wednesday nights and longer cycles every second weekend. It was no surprise that I started improving, as previously about half my annual cycling miles were what I did in triathlons. I entered the Aboyne half Ironman in 1997 and the New York marathon in 1999 so I wasn't a complete stranger to long events.

Realising that the time taken to train would have a large impact on my family life, I explained my goal to Margaret, and children. Not withstanding Margaret thinking it was my midlife crisis, the family gave me their wholehearted support throughout. It would not have been possible without them. I even had my 8 year old son asking, when I didn't go swimming one Tuesday evening, "why not", and when I told him it was because I was too tired, he said "Dad, you really should, you know." Needless to say I went.

Having made up my mind to do it I decided to tell everybody that I was going to do an ironman in the summer. This meant that I then had no choice but to see it through. I started getting as much information on Ironman events as I could and talked to everyone I knew who had done them. Some of the best and most realistic information came from people who had done the Longest Day Ironman and had created personal websites. These were not super triathletes; usually just ordinary club members who had set out to do one as a challenge.

I needed the discipline of following a specific schedule so I created a monster spreadsheet detailing what I had to do by way of swimming, running, cycling and gym activity, for every day between January and August. This was based upon the principles in "SERIOUS Training for Endurance Athletes" which proved invaluable. The schedule was based upon gradually increasing the training time from about 8 hours (my average) to 14 about hours a week with 3 weeks of increasing effort, followed by a recovery or easy week. The mix by time was roughly 50% cycling, 30% running with the balance split between gym and swimming. This was the sort of time that the book said was the minimum for an Ironman. It was hard to keep to the schedule in a year during which my fourth child was born and work took me to Angola, South Africa, France and Norway. However without the programme to follow I would not have stuck with the training as well as I did. to

I saw the main training goal as gradually building up my training time (speed being less of an issue for an iron virgin) and getting in enough 2 hour plus runs and 4 hour cycles. My longest "brick" session was an 80 mile cycle followed by an 11 mile run (with tea and cakes during the transition). In fact the first time I ever did more than 100 miles on a bike was during the race. This worked for me and was recommended by someone of a similar level who did an ironman last year. Other people, equally well intentioned, would have had me doing 130 mile cycles regularly. At the end of the day, listen to all the advice you can and then make your own choices.

By the end of June I was getting fed up with the early starts necessary to fit in with all the gym and swimming time (long runs and cycling being largely evening and weekend activities.) In addition, increasing work commitments and family holidays meant that I was having difficulty hitting all my training targets. Fortunately by this stage I had already built a good level of fitness and the main concern became doing something that would impact adversely on my fitness, through either overtraining or injury. I did the Corrieyairack Challenge (17 mile run with 2500 feet of climb, and then a 26 mile cycle) 5 weeks before the Ironman as a final test of fitness. It went well and after that I cut back with a major reduction in training time in the final two weeks.

The other key element to optimising performance, other than training, is diet. I would like to be able to say that I approached that with the same rigor. I didn't. I did however cut down on cakes about 8 weeks beforehand, and chocolate 4 weeks. (Restarting on the chocolate through pure weakness after 2 weeks). I

also ate lots of fruit ,and ,against my natural cynicism, started taking vitamin supplements, Siberian ginseng, Hemp seed oil and a few other inputs of dubious, unproven merit.

When I first started training for the ironman, my goal was just to finish. Most have a cut-off time of around 16 hours (Denmark was 16 1/2hours). As my training progressed and my confidence grew 14 hours became a possibility, then 13. Prior to the start I realistically hoped to do between 12 and 13 hours. To put this in context, you would expect the winner to do it in about 8 ½and the last person to exceed the cut-off.

“Never try anything new for the first time in a race; practice with it beforehand”, I was told. This meant replicating race conditions in training (apart from the distances). Training swims were done in Aboyne Loch to check my wetsuit for chaffing. Cycling afterwards in wet triathlon kit for the same reason. Long cycles in actual shorts to test bum’s ability to withstand prolonged contact with seat. Running long distance in actual, shoes, socks, shorts. Drinking and eating during training with the actual food and drink mixes to be supplied in the race. Checklists for everything. The only thing I didn’t check was that my bike-carrying box would fit on the plane I had to catch from Stavanger, where I was working the week before the race, to Esberg. When I checked in I was told that the bike box wouldn't fit as it was a small plane. To me a small plane has 40 or 50 seats. This had seven, so instead of going from Stavanger to Esberg , the bike went Stavanger, Oslo, Copenhagen, Bilund. I didn’t relax until I had collected it in Bilund (Airport beside Legoland) myself. I had visions of it going missing, and having trained for months ,only to compete on whatever borrowed bike I could get.

Having driven across the mainland of Denmark from Esberg and not seen anything approaching a hill we were looking forward to a flat cycle. However we drove the route on the day before,for familiarisation with the course and found it was far from flat. While there were no very steep climbs there were plenty of long drags that lasted for over a kilometere or two. Not what I expected at all.

The morning of the race was very still and the sea was flat calm. You could see clearly the large buoys that marked the rectangular swim course. I was less nervous than I expected at this stage as I was quite confident about my swimming, viewing it as the preparation for the cycle which I expected to be much harder. 5 minutes before the start the 500 or so age-group competitors setting off at 0630 (with the open competitors starting an hour later, and the elite the next day) entered the water and under the starters control. More nerves now but still looking forward to the swim. However with 500 people starting off in a space only about 35 metres wide it was obviously going to be a crush. Salmon in a pen was the image that came to mind.

The swim start and first kilometer were very physical with much more contact, in mid pack , than I had experienced before. Lots of kicking and barging. Out the water for 50 meters after lap one and over the timing strip at 32 minutes. Well ahead of schedule. Back in with lots of swimmers ahead of and behind me. Lap two was less physical, easier to draft. Only problem was a mild sting on the hand from a jellyfish. Better than swallowing one which is what went through my mind as they drifted past just below my face.

Finish of the second lap at 1 hour 7 minutes. Still well up on schedule. The transition involved a climb of about 50 meters from the beach to the area where the bikes were racked. Total time inc change of wetsuit etc was less than 5 minutes.

The cycle route was 3 out and back loops of 60K each. More boring than anything else. Lots of really well organised food and drink stations. I filled up at least one bottle and ate half a banana at each station on top of the gel and power bars I was carrying. I think this really stood me in good stead for the run later as it is easier to eat and drink lots on the bike than on the run.

Lap 1 took two hours, lap 2 two hours ten and lap 3 about two hours twenty. By then I couldn’t keep my heart rate in the zone I wished- a sure sign of tiredness . Eating and drinking was also getting harder but essential to ensure that I was strong for the run. It was also getting a bit windier and we had a brief shower of rain. My back was also very stiff so that I couldn’t use my tri-bars (probably because most of my long training cycles were with groups where you don’t use the bars as much.) Towards the end I felt that I never wanted to see a bike again and I was actually looking forward to the 26 mile run, just to get out of the saddle. One feature much in evidence was the draft busters. If you were obviously drafting it was instant disqualification; if you were too slow in passing or dropping back when passed it was a penalty and you had to do an extra 400 meter run before the main run proper. Caught twice was 800 meters and 3 times was disqualification.

Great crowds. Some looking up your number on the programme and shouting your name. I got off the bike at the entrance to the transition area and walked it to the marked space on the rack then walked with very stiff legs to collect the bag with my running kit. Then into the tent; cycle gloves, helmet, heart rate monitor off, change of shorts for comfort, cycle shoes swapped for running ones and I was off on the last leg of the ironman. Again less than 5 minutes transition, although some people were taking a breather at this point. I felt that I was going to feel rough whenever I started to run so I didn't hang about.

It took me about 400 meters till I could even get up to shuffle but as I had felt this way before in long events I knew it would pass and it did. First 10.5 lap took about 55 minutes making it my slowest ever 10K. The route took you on a mixture of roads, pavements and tracks through the centre of the town and out to the suburbs. Again lots of food and drink stations. Lap two took about an hour. I just kept thinking one lap ahead. Still going strong. Half way round lap three I got a bad pain in my knee. So I had to walk until it eased off. I ran again after a few hundred meter but only went for about 3 minutes. This became the pattern for the rest of the race which was very frustrating as I still felt (relatively) strong.

By lap four I was walking more and even the crowds cheering couldn't get me to run more than 150 meters at a time. With 500 meters to the finish the crowd started cheering a danish runner who was catching me. This made me get a move on and I eventually managed to finish 2 meters ahead. After that everything was a bit of an anticlimax. I didn't feel as knackered as I had expected. I was still walking OK. No blisters, no pains. Even the knee felt OK when I wasn't running.

Within 40 minutes of finishing Duncan Wood and I were at McDonalds, him on milkshakes and me on Big Mac, fries and milkshake. Great . Especially after several days of pasta, boiled potatoes and rice.

I didn't think about doing another ironman until at least 24 hours after the end of the first. Will I do it again having learned how to improve my training from the first time? Can I take 30 minutes off my cycle time and save the same by staying injury free on the run ? I'm afraid the answer is yes. As a friend said, "the perfect outlet for an obsessive personality". In addition to the personal sports challenge I also managed to raise £1100 for the Aberdeen children's hospital ARCHIE fund, which is also a great feeling. If anyone reading this is thinking that they might want to do an Ironman but have their doubts I would say go for it. It is well within the reach of nearly everyone at Fleetfeet. The support and interest that you get is terrific and it will change your life.

Well this article is far too long as it is . If there is any interest, I will do a brief lessons learned summary for Iron beginners next issue (if Mo insists). I am happy to share my experience with anyone who wants to talk or join me in training for another one next year.

Aberdeen results of interest.
Duncan Wood 11 hours 12
Steve Walton 11 hours 33
Lindsay Young 12 hours 34
Ian Edwards 12 hours 43

Lindsay Young

Aboyne Half Ironman 2001

I spent a pleasant day on the Saturday driving about Deeside in the sunshine decorating it with luminous yellow direction signs for cyclists and runners. As the day wore on dinner (fish supper!) was consumed sitting peacefully on the banks of the loch watching the water skiers. Ian Diack then appeared and proceeded to set out the swim course, and registration of the early arrivals started. It was such a pleasant evening that a group of them decided to have a swim to get an idea of what lay in store for them on Sunday. Nothing could have prepared them for what awaited them on Sunday!

Sunday dawned with a steady downpour of rain falling. While driving to Aboyne the rain just got heavier and heavier, and as a soggy crowd started to congregate the decision was taken to cancel the bike leg on the grounds of competitor safety. There was a lot of standing water on the roads, spray from cars resulting in poor visibility, and the effects of cold from cycling for up to four hours.

The decision was understandably met with disappointment from a few people, but after some hurried reorganisation the race went on covering the swim and run legs. Some competitors decided to do the swim, withdrew from the race and did the cycle and run as a training session. They were later spotted looking rather blue, changing into dry clothes, getting warmed up and having some food before heading out on the run.

The warden at the caravan park and his wife were a great help and opened up a warm, dry storeroom where the food and hot drinks were set up for the finishers. From the 33 entries, 22 started and 18 finished, and after the best part of two hours splashing about in the loch and puddles, the final outcome was:

1st MS	Barry Richards	Rochdale Tri	1:47:01
2nd MS	Steve Smith	Edinburgh Triathletes	1:48:18
3rd MS	John Dargie	Glasgow Tri Club	1:48:24
1st MV	Frank McShane		1:50:47
2nd MV	David Howard	FFT	2:10:42
3rd MV	Stuart Redfern	Moray Firth Multisport	2:13:01
1st MSV	Ian Edwards	Kings Triathletes	2:11:38
2nd MSV	Stephen Walton	Kings Triathletes	2:17:52
1st FS	Patricia Robertson	FFT	2:10:18
1st FV	Mary-Rose Cross	East Fife Tri Club	2:08:03

As with Bill Roney last month this was my first experience as an event organiser, and I wholly concur with his statements that you need a generous number of trusty lieutenants to help you. It's a lot to take on yourself and thanks goes to all the marshals, helpers, landowners and Aberdeen Water Ski Club who made it possible. Again, like Bill, finding marshals was a real problem so obviously arm twisting comes with experience. Thanks again to all those who contributed to helping with the race, and lets hope for better weather next year!

Glen Beck

Swimmer's Ear

by Susan Eicher, M.D.

Now that the end of summer is approaching, most of us are increasing the frequency and intensity of training in preparation for the final races of the season. In addition to predisposing ourselves to acute and overuse injuries, we are also at risk for a variety of disorders that are associated with frequent exposure to heat, humidity, and water. External otitis, or swimmer's ear, is an inflammation of the ear canal that commonly occurs in swimmers and divers but also occurs with daily hair washing, showering, and exposure to hot, humid conditions. Although external otitis is usually a self-limited disorder that is easily treated and only temporarily disrupts training, repeated or chronic infections of the ear canal can have long-term, potentially serious consequences and are best avoided through prevention.

The primary factor responsible for initiating external otitis is the presence of moisture within the ear canal. This leads to breakdown of the lining of the canal and increases its susceptibility to infection. Frequent exposure to water also decreases the amount of cerumen, or wax, in the canal, which normally provides a water-repellent, acidic barrier to infection. Traumatizing the ear canal with Q-tips or other objects also increases the likelihood of developing infection.

Although we cannot avoid heat, humidity, and water exposure during training, several measures can be undertaken to help prevent external otitis. Commercially available drops such as Swim Ear can be used after swimming and showering, but less expensive and equally effective substitutes include 70% isopropyl alcohol (one type of rubbing alcohol) or 70% isopropyl alcohol acidified with white vinegar (1:1 mixture). Instillation of alcohol helps dry the ear canal, and the addition of dilute acetic acid lowers the pH of the ear canal, discouraging growth of the bacteria that commonly cause external otitis. Other preventive measures include avoiding trauma to the canals, such as cleaning with Q-tips. Using ear plugs while swimming may have some theoretical benefit by keeping the ears dry and maintaining the protective cerumen layer, but they are generally unnecessary.

If external otitis does develop, it is important to seek prompt medical attention. Typical symptoms and signs include pain, especially with manipulation of the ear, redness, swelling, and discharge. Occasionally, the degree of swelling and discharge can impair hearing. In terms of treatment, antibiotic-steroid drops are usually effective as long as there is not an allergy to one of the components, and it is important to keep the ears dry until pain and swelling have subsided. Fortunately, with proper ear care, these infections and their adverse effects on health and training usually can be avoided.

CIRCUITS FOR SECONDARY SCHOOL PUPILS

Sarah Forbes is running circuits sessions on a Friday evening from 6PM to 7PM at the Green Hut. The session involves a short run followed by non weight circuits. It is suitable for all Secondary schoolpupils. Anyone interested should come along on a Friday night. Payment has to be made at the Leisure centre first.

FUNDRAISER

Fleet Feet members are well known for their generosity and we are asking you to dip into your pockets again in aid of the Victims of the recent American disaster.

Carol is co-ordinating a fundraising venture and here's what it is: There is a surplus of old water bottles at the Leisure centre. These are going to be cut down so they will act as a carrier for bike spares. This is where you come in. We are asking that all club members donate either an inner tube, tyre levers, energy bar, repair kit or pump. The cut down bottles will be filled with the donated goods and sold off. All funds raised will go to the victims families.

Any donations can be handed in at any training session. Please help.