

.. FLEET FEET TIMES ..

Volume 4 Issue 5

MAY 2001

Hello to you all after too long a break. After over a week of boiling hot sunshine I have just arrived home after doing a 10 mile TT (time trial) with Deeside. To remind you all, you are welcome to come along as a guest and give it a go. Its good fun and a friendly event. Details can be downloaded from their web site (listed in newsletter)

The winter series was a great success this year, despite the first one having to be called off. Charles Milne started his year well by taking the male crown. Well done Charles. A few weeks later he then went on to win the Scottish Junior Duathlon Championships. Well done again. Fortunately, for the older members of the club he decided not to race at the Aberfeldy Standard 2 weeks ago so the rest of us at least stood a bit more of a chance. There was a good turn out of FFT members and it was a good race. We hope that we will be able to go to more races en mass this year and you will be kept posted. The next trip planned is to Orkney at the end of May for the standard. There are 6 of us going and other members would be welcome to join us. (The van is full but persuade others to come



And fill another car)
Cycling is now well under way and we have had one ride from hell where I am sure people had forgotten how to cycle slowly (yes I got dropped) and then last week was very pleasant (yes I know that isn't what it should be like) So come down and join in. The 1st group goes off at 1830PM followed by a group at 1840 and 1850 and then the mad bunch at 1900. Friday evening rides are also taking place. These are normally a ring round and see who is going. The summer series is looming and the first race is on the 7th June. Chris Milton: (01561) 320310 email: cmilton@brovig-rds.com is looking for marshals so please help if you can or bring a friend or partner. The Kids Tri is on Sunday June 10th at Mackie Academy in Stonehaven. It is open to all children over 8 yrs or younger if the parents feel that they can cope. Entry forms for both are available on the web site or attached if

you get a paper copy of the newsletter.

I will be looking for lots of willing volunteers to help at the Kids Tri, so please phone. We will need help for a couple of hours from 1PM and I'll give you a mars bars for your help !!

The club is looking for people Train as Level one coaches with a view to them taking club sessions. The training basically involves a weekend course followed by sessions that you have to coach and keep a log of. There are also some sessions that have to be supervised. Contact Jim Stark if interested.

This seems to be a rather long newsletter with at last some race ditties. Please keep them coming.

A reminder that Summer circuits are under way. This includes a longer run followed by circuits which are different from the winter routine.

Congratulations have to go to those club members who did the London Marathon. I am unsure of times but they all did well. Helen Mackie and Graham Ritchie ran their first marathon and June Dickie ran again at this years race. Well done to you all and apologies to anyone who I have missed.

Finally please all rea the article on ideas and help wanted.

Mo

FLEET FEET TRIATHLETES

COMMITTEE MEMBERS – Year 2001

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<u>Equipment</u>	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: Cycle session from Leisure Centre car park in groups from 6.30PM

Thursday:

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

Friday: Cycle session. Phone around and see who is going.

Saturday:

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

Sunday:

Cycle, Stonehaven Square, 9 AM sharp.

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.

NOTICEBOARD

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

For Sale

Quintana Roo Wet Suit
Full length, long sleeved. XS.
Very good condition
£ 100 ono.

Tel: Gill 01569 766936 (answerphone)

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 28 days in advance. This booking will then take priority over any booking previously made.
The FFT Committee has taken this decision.

UPCOMING EVENTS

Ellon Adventure race: Sat. Jun 24, entry forms now on noticeboard. Race is a cross-country run with additional challenges, roughly 7 miles long. Enter as an individual, but you can do it alongside others. All challenges can be diverted round. Includes a knee-deep wade across the Ythan. No equipment needed. For further details, call Bill Kenny, race organiser on 01771 613697 eves., bill_kenny@lineone.net; ythan.challenge@talk21.com

Banff 10k: Sun 27 May: Fun Run at 11 a.m. 10k at 12 noon at Duff House. For further details contact: christine.chinchen@aberdeenshire.gov.uk

Ythan cycle club race news: The Ythan CC confined 10 mile Time Trials start on Tuesday 10th April 2001 at 6-30pm and will take place every fortnight until Tuesday 28th August. Ythan CC Hilly 20 Mile Time Trial: The hilly 20 takes place on Sunday 22nd April at 11am. This race is open to all clubs and starts at the Ellon, entries in by 14th April.

King's Aquathon Aberdeen: May 5th.

A full listing of all Triathlons in Scotland is available on the STA web site (see below)

USEFUL WEBSITES:

Triathlon:

TPT: <http://home.petronett.com/3peakstriathletes>

STA: www.tri-scotland.org

<http://triathlonlive.com/>

Adventure Racing: www.arauki.co.uk/

Joe Beers website: www.ergogenesis.com

Extreme, long distance events: www.xtri.com

www.transitiontimes.com If you give your e-mail address they will send you a password that enables you to take part in discussions. Also you can ask questions and also get heaps of workouts, swim, bike, run specific. These are written by top coaches and you can ask these coaches questions about your own workouts.

Swimming:

www.h2oustonswims.org/ www.totalimmersion.net/

http://www.svl.ch/svl_swim_like_a_fish.html

Cycling:

Ythan Cycle Club : <http://www.ythancec.org.uk/> Deeside Thistle Cycle Club :

www.scozzie.freeserve.co.uk

Magazines:

220 magazine: www.220magazine.com Runners World: www.runnersworld.co.uk

Running Fitness: www.onrunning.com/runningfitness

Ultrafit: www.ultra-fitmagazine.com

Aberfeldy Standard

They numbered seven the Fleetfeet force
The standard was their aim
To battle thro' against the odds
The points were there to gain

For once the sun shone down on us
It could have been no kinder
Easier to for Sharon our video queen
And resident child minder

All raced well no major probs
Then Mo didn't find it funny
Puncturing a half mile from the end
And coming in on Shanks' pony

When in she came all disraught
Expressions of pain upon her face
But no kind words were there for her
Just "get on with the race"

On bike and run our Dave's a beast
There are few can keep with him
In fact he'd win the 'Vets' hands down
If he'd only learn to swim

Now, two laps of three one hero did
Leaping o'er the gate in pain
On the third lap he realized it opened
It seems racing can numb the brain!

Now listen close and do take heed
Or you may suffer a similar fate
For though your muscles may be tough
They're no match for an iron gate.

Dave Howard	2:16:24
Neil Anderson	2:17:46
Carol McLaren	2:26:40
Mo Howard	2:33:07
Richard Burton	2:33:50
Margaret Anderson	2:38:58
Chris Milton	2:40:26

MANY THANKS TO OUR SUPPORTERS
SHARON, CAROL, KATIE, THOMAS, BABY SAM, KIRSTIE, CAMERON, SAM, AMY,
DAVID AND PETER.

I have included the two following articles on **The Impact of Training on Relationships and Transitions**. I think that I got them off another club's web site so sorry if you are now reading ours and did all the hard typing work.

The Impact of Training on Relationships, or, The Trials and Tribulations of Triathloning Twosomes

by Charlie Brown, Ph.D.* Family & Psychological Services, P.A. Charlotte, NC

It's hard to believe that a person can take a discretionary twelve hours a week out of their schedule, radically alter eating and sleeping patterns, spend unheard of sums on a bicycle and techno-gadgets, and have it benefit one's closest personal relationship. Yet 68% of the triathletes and 73% their partners who participated in the Survey on the Impact of Training overwhelmingly said that the impact was positive.

Participation in triathlons has risen dramatically during the past decade and is expected to rise even more with it becoming an Olympic event in the year 2000. The hours of training that are often associated with the sport can have a tremendous impact upon the significant relationships of participants. This article presents the results of a study designed to clarify the common relationship stresses of triathletes and to identify ways that couples cope with these stresses.

There is minimal formal investigation of this topic. Barrell, Chamberlain, Evans, Holt and MacKean (1989) interviewed 24 British marathon runners and 17 of their spouses to investigate time management in these households. They found three patterns of allocating the time required for training. An athlete can either take the time (claiming the right to train and ignoring the impact on the family), buy the time (maintaining family commitments and responsibilities, fitting training into the early morning, late evening or during lunch at work), or share the time (exercising together with spouse).

In 1989, Shery Newsham, Ph.D. conducted a study of selected psychological characteristics of Ironman competitors (Newsham & Milledge, 1991). She reports that Ironman triathletes saw themselves as trying to control and actually being in control of interpersonal relationships and situations. This article also noted results of a 1987 study (seemingly unpublished) indicating that triathletes show less cohesion and adaptability in interpersonal relationships, while at the same time expressing a higher level of satisfaction in their relationships, than do recreational exercisers. She and her co-author specifically state that the perceptions of the triathlete's partners must be determined to draw meaningful conclusions about their relationships.

Triathlete magazine has addressed the issue by occasionally interviewing elite triathletes (professionals who earn their living by racing). Recently, the magazine published the responses of several readers who replied to questions regarding how they maintained the delicate balance between training, work, family and community commitments (Triathlon's Delicate Balance, 1994). The material published in popular magazines tends to focus on the athlete's perspective, while the partner's view remains unknown.

The Survey on the Impact of Training on Relationships was specifically designed for this project. Its items were based upon interviews with athletes and their partners. The instrument was refined in a pilot study conducted at the 1994 Latta Plantation Triathlon in Charlotte, NC.

Survey questionnaires were distributed with the race results of three triathlons of varying distances (the Carolina Triathlon - both short course: S 1/4mi, B 15mi, R 3.1mi and long course: S 1K, B 40K and R 10K; the Wilmington Family YMCA-PHC Triathlon - S 2K, B 45K, and R 10K; and the Texas Hill Country Triathlon - half Ironman). Some 165 triathletes answered questions about themselves, their perceptions of the impact of their training, the most common stressors, the most common coping strategies and completed a brief measure of overall family functioning and support

(Smilkstein, 1978). The study was unique in that 127 partners of athletes provided their perspectives on the same issues.

The average triathlete in the study was 37 years old, trains 12.2 hours each week and has been competing in triathlons for 4.5 years. The hours training each week ranged from 3 to 30, and the partners almost always reported more hours than the athlete. The majority of respondents considered themselves recreational (37%) or competitive (53%) triathletes, accompanied by 3% elite and 3% novice athletes. Eighty-six percent of the athletes were male, 14% female.

Contrary to popular belief that triathletes are single and unfettered, 70% were married and over 37% had children. Fifteen percent of the athletes were single and in committed relationships.

This appears to be a basically healthy and happy group. Athletes and their partners scored higher than the normal population on the measure of overall family functioning. Their major stress is the lack of time as a couple, which they most often address by either setting aside time together or by exercising together.

While the majority of triathletes and partners saw training as a positive experience, 17% of the athletes and over 15% of the partners said that training had a negative impact on their relationships. Comparing the responses of these two groups-- those happy with the experience and those unhappy with it-- generated six specific recommendations for couples dealing with commitment to serious training and exercise.

#1 - Talk about the impact of training. Couples who disagreed on whether or not training was a source of stress had the lowest scores of family functioning. The simple solution is to discuss how each feels about all the changes and stresses associated with training. And remember, it takes a unanimous vote to be stress free--- if either person says it is a stress, then it is a stress.

#2 - Train or exercise with your partner. This was far and away the most effective coping strategy of those couples who were happy with the training process. If you and your partner are of different ability levels, train with a group. Group bike rides, running clubs and masters swim groups provide a special social and supportive environment for athletes of all abilities. A word of caution to the guys: don't offer advice or suggestions unless asked, and keep your egos in your pockets. If you always rub in how your times are faster, she will probably lose interest rapidly. On the flip side, there are a multitude of women who can clean your clock, so be prepared when her trophies are bigger than yours.

#3 - Make sure your partner feels important to your training and performance. Some of the highest scores of overall family functioning occurred when the partner felt as though he or she had a significant impact on performance, and the athlete said there was no such effect. These partners felt more important than the athletes considered them to be. It is likely that these athletes underestimated the partners importance. Medical research has shown that the marital relationship is the single best predictor of immune system functioning, which has dire impact on performance (Keicolt-Glaser, J. K., Fisher, L.D., Ogrocki, P., et al. 1987; Keicolt- Glaser, J. K., Kennedy, S., Malkoff, S., et al., 1988).

#4 - Set aside special time for your relationship. The couples happy with training recognized this as being a major stress. Most athletes are aware of the need to schedule training. The same goes for your relationship. If it's not scheduled, it probably will not happen. For those obsessed with getting stronger faster, remember that you actually get stronger during the rest and recovery time, not during hard exercise when you are tearing down muscles and cells.

#5 - Work together to address the issues of household maintenance. Unhappy couples did not recognize household maintenance as a significant stress; the happy ones did. While you are striving to reduce your race times, don't quicken your pace on the road to self-destruction.

#6 - Encourage your partner to stay socially active. Partners unhappy with training noted a decrease in social activities as a significant stress. If your partner doesn't exercise with you or a group, encourage him or her to spend time with friends even if you can't be there. You will both have stories to share with one another and neither will feel neglected.

Discussion and Future Directions

The initial results of this study may surprise many, as it runs contrary to the anecdotal information of relationships breaking up due to an obsessed triathlete. We recognize that there may be some self-selection bias in the process. Couples with positive relationships may have been more likely to respond, but there were ample responses like the woman who wrote "Basically, John and I are no longer dating as a result of his neglect towards me."

There actually may be an evolutionary factor involved. When the partner is highly supportive, the athlete continues triathloning; if the partner is not supportive, the athlete switches to other endeavors. This is also implied by there being more unhappy partners in relationships with athletes doing shorter races, compared with those partners of athletes competing in the half-Ironman. One could imagine an unhappy partner enduring an athlete's efforts for one or two seasons; but it is hard to imagine attempting a half-Ironman without strong support. Current plans include follow up interviews with participants who identified themselves as competing for two years or less to see if they are still doing triathlons, and if not, why.

Since only 14% of the athletes were female, we are attempting to gather more information on women's perspectives of these issues by surveying triathletes at the Danskin Triathlon in Austin Texas (a women only race). Questionnaires were distributed to over 600 participants, and the results are being received at this time.

As part of the project, we also hope to interview couples from the elite and professional triathlon ranks. The end product will be a detailed blueprint of how couples make the transition from neophyte to expert and how their relationships change in the process.

The ultimate goal is helping a person not just be fit-- but to be healthy. Health requires a balance in life between work, play and relationships. For years we have known the benefits of exercise upon the individual-- reduced stress, greater confidence, higher self esteem, lower anxiety, etc. It now seems as though you can strengthen your muscles and your relationship at the same time. Happy training!

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IDEAS & HELP WANTED

Your club at the moment is in a reasonably healthy financial state and we are looking for ideas as to how the members would like the money to be spent. If you do have any ideas or wishes please write to Glenn Beck or email him.

We are also looking for a volunteer to organize and run a club shop for club kit and other accessories. If you can help please contact either Jim Stark or Glenn Beck.

“ Thank You “ from Pat

Dear Fleet Feeters,

Just a wee note to say a huge thank you to all of you who contributed to my going away pressie. I was totally gobsmacked when Neil Howarth told me that my club mates had had a whip round for me and had asked him to add a few wee extras on to my new bike. A few wee extras being Profile “Century” Tri Bars , a fancy cordless computer, saddle bag plus spares, pump and an extra bottle cage and bottle !!

I am not sure what I did to deserve such generosity ! I only wish that you all could have seen the look of surprise and absolute delight on my face.

I’ve loved training with the club and have made some great friends in the process- I’ll certainly miss you all. I’m hoping to make it back to various events this year so will hopefully catch up with some of you then.

Finally my address in Glasgow is:

3/2 50 Bank Street,
Hillhead,
Glasgow
G12 8NF
Mobile: 07773196468

If you are going to be down this way PLEASE let me know , visitors always welcome.

Happy Training

Pat

How often do you bonk? Yes, it’s a personal question, and we know a lot of you are quite private about your intimate habits.

Food

Unlike most forms of exercise, cycling often lasts for several hours – and if you don’t eat and drink adequately before and during longer rides you’ll begin to experience the kind of physical discomfort cyclists call the bonk, ie progressive dizziness, muscle weakness and power loss. This is caused by a low blood glucose level, which occurs when your body’s exhausted its carbohydrate stores, and you must refuel with carbohydrate at a steady rate throughout your ride to prevent it happening. The best carbohydrate source is pure glucose or glucose polymer dissolved in water: the basic ingredient of the better sports drinks. These carbohydrate drinks will also help you to control dehydration and boost muscle energy.

Drink

On long cycle rides drinking is even more important than eating. Whether you’re a leisure cyclist or an international, you need to understand and master rehydration. As a rough guide a sedentary adult loses approximately two-and-a-half litres of water a day, which has to be replaced.

Dehydration’s effects

Losing as little as two per cent of your body mass (ie 1.5kg in somebody weighing 75kg) through dehydration significantly impairs performance: exercise will begin to feel much harder as your body’s systems are no longer working efficiently. When your total body weight decreases by five per cent, performance has dropped by 30% and you might feel nausea and / or vomit. A bigger fluid loss will result in weakness, confusion and dizziness, leading ultimately to coma and death if fluid isn’t replaced.

You must take enough fluid to prevent dehydration carrying over from one day to the next. The simplest way to check this is to look at the colour of your urine last thing at night and first thing in the morning. If it’s clear or very slightly coloured and you pass normal volume then you’re probably okay. Small amounts of dark yellow urine are a clear sign of dehydration and you should increase your fluid intake. Avoid large amounts of tea and coffee as caffeine reduces fluid retention.

TONING UP

Turning runner beans into broad beans

It's true that you go to the gym to build muscle, but that's not where the stuff is really made. It's made later, when you're collapsed on the sofa, watching beach volleyball and wondering where your life went wrong. As you're resting, your body is busy repairing and rebuilding the muscle tissue you've just hammered. You can maximise the process by taking in the right mix of protein and carbohydrates within three hours of your workout. Your body builds muscle faster during this time, and that optimum nutrient combination stimulates the hormones needed to make it happen. There's no simpler or more convenient muscle-building mix than a milkshake made with powdered egg (which is safer than a raw egg), soya milk and fruit. Throw this stuff into a blender and you produce a 370calorie shake with 25g of high-quality egg and soya protein, only 5g of fat, and plenty of healthy stuff like fibre, Vitamin C and other cancer-fighting antioxidants. Plus I've been told it actually tastes good.

1 handful ice cubes

3/4 Cup powdered egg

3/4 Cup vanilla soya milk (found in the dairy or health-food sections of the supermarket)

1 cup frozen strawberries

1/2 banana

1/2 cup Cranberry juice

Put it all in a blender with a tight lid. Blend on high for 30 seconds. Drink it out of the blender cup so you don't have to wash up another glass. Then strip off, stand in front of a full length mirror and for best results suck in or tense up all the bits that have a will of their own.

By Dave Hadden

Deeside Triathlon/Biathlon – Sat. May 12th, Braemar to Aberdeen

(34 mile bike, 10 mile run, 13.5 mile bike or optional canoe section)

Phew, this was a worry, I thought for a while there was no one out there who wanted to come and have some fun. Third week in April, and entrants still in single figures, lots of phone calls but no fat brown envelopes coming through my door. But lo and behold, come the seven days beforehand, a mad rush as usual and we had ourselves a race.

Saturday brought a lovely sunny day in Braemar, and a fine bunch of bodies for the days racing, 52 starters from Inverness down to Edinburgh on the line raring to go. This included 7 individual triathletes and 4 teams. This was the 19th consecutive race, which shows its popularity due to its content and having such a great route.

Seeding for the race was all three discipline times added together to give a grand total, all groups included. Slowest overall time at the front, fastest overall time at the back. Starting was at one minute intervals to ensure a finishing time for everybody was within a 2 hour window, much better if your hanging on for results or dying to get into the refreshments.

Kick-off was slightly late at 10.20hrs after the briefest of briefings known to man with Martin Richmond having the honour of sending everyone off. First off the pack would you believe was FFT's Dave Howard, No 48, seeded 48 but needing to set off first – why you ask? so he could start work by attending a meeting in Aberdeen at 2.00pm of course (no wonder they think we are all mad!) . By 11.12 am they were all away, whoosh!, like they were in a race or something. Our Dave was giving it big licks on the bike all the way and taking no prisoners, no one overtook him, which showed up at the end with the fastest bike split of the day at 01:19:17.

The field spread out nicely and overtaking them in the car whilst racing to Potarch showed little bunching. A swift left at the Pass of Ballater at the half way mark past traffic co-ordinators Bill Roney & Linda Duncan was the only manoeuvre they had to make in what is a straight route. Once at the first changeover, under the watchful eyes of marshall's Dave Deans and Ann Tough, they were again whizzing through with surprising ease. Team cyclists must have been glad to get off as the heat was increasing with minimal breeze. Triathletes here can be spotted by the John Wayne type run as they ease into the running stride, team runner's leggit as though the taxman is after them. The run is initially down the main A93 to Banchory and has little cover for the runners, the oncoming tourist traffic appearing surprisingly light considering the recent good weather. Five to six miles into the run, they were through the town

heading outwards towards the old railway line alongside the river and mighty glad to see Bert's water station. Race comments afterwards stated that the last 4 miles to be very tough due to the heat, no shade and the big chukkiies on the paths being rough on the feet. This apparently did not deter our very own Nelly Shand who set a blistering pace throughout to crack the hour for this 10 mile stretch in 00:59:53, its no wonder he never misses a bus!

Any one doing the canoeing had to keep running for another ¼ mile at the Crathes changeover as the canoe section entry was at the far side of the bridge so as not to contravene any foot and mouth regulations with the local farmland. It's a bit trickier for the entry on this side due to the water depth at the edge but Graham Robson kept them right whilst manning this outpost on his own. Bike changeover was in the garage forecourt or thereabouts at the exit onto the Slug road, marshalled again by Martin Richmond, Bill Roney & Linda Duncan, which seemed to work well and alleviated some of the parking problems of earlier years. The sun was still shining at this point but was noticeably breezier as everyone headed for Aberdeen. Getting back on the saddle here is not as easy as one might think.

The South Deeside road undulates and can be a grueller when your legs are tired, but again big Dave had the bit in his teeth and again pulled out the fastest bike split for the 13 mile last leg in 35:08min. The finishing line at Leggart Terrace was patrolled by Iain McGibbon and Ian Tack, who after their exertions putting up the gazebo had nipped across sharpish and were now willing the runners in with all there might so they could bugger off and watch the footie on the box. It must be noted here that the speed merchants who were seeded at the back at the start were coming in only a short time after the first finisher, which makes for a good race on the final leg. That is of course unless you put in cycle legs of 3 hours and get a lower seeding as did that young cheeky chappie from Inverurie (but doing it in 1 hr 55 mins) thus not having to be chased down.

Meanwhile back at the boathouse, Ann Tough had moved up to the shoreline to wait for the canoeists and improve her tan. Our own Chris Milton was by now acting as senior refreshments officer in the gazebo, ably assisted by his son Tom. By now some of the canoeists were having a hard time as at the Ardoe house area, a bunch of numpties out for the day, were using them as target practise from the bank with big rocks. Not the sort of thing we want in any race. Nevertheless, they all came in unscathed with Richard Laing of team 'Cruellas Puppies' (alias team 1) setting a brilliant fastest split time of 01:39:59, quickest triathlete being Calum Urquhart with a commendable 01:57:15. Happiest triathlete was Ian Edwards who whilst celebrating his 50th birthday on the day managed to pick up 1st supervet position.

As the results were being logged in and disseminated by our own Jim Stark & Carol McClaren, food and drink was aplenty in Chris Miltons cabin as everyone gathered and rested on the banking under what must have been Aberdeen's hottest days for years.

Results were sorted and prizes awarded in all the groups. Overall winner of the biathlon was Steven Smith of Three Peaks Triathletes who just stole it from second placed Dave Howard by just under two minutes gained in the run. Experts have commented that Dave could have clinched it had he not been carrying his lunchbox and briefcase in an effort to make the meeting. First place in the triathlon was Calum Urquhart, and team 'Cruellas Puppies' aka Team 1 taking the bow in the team section. See website for full results.

Many thanks to all the marshalls who supported the race, some of whom had never tried timing before but were willing to give it a shot, and of course the competitors who entered. Big thanks to Bert McIntosh (and Stan) who as usual puts in a very high standard of course marking for the benefit of everyone (and that's before he turns up at the start!). Any comments from competitors would be most welcome so that they can be considered and included in the handover notes for next year's race. Final thanks go to the 'The Lunchbox', 123 Holburn St. who did a great job providing the food and all the goody bags, they must have tasted good as nothing was left for the missus.

p.s

Found in Braemar – 1 pair of cool shades

Lost somewhere – Bum bag (nylon blue/black) handed to lady in car with child during the run section
(Contact me should you have any info on 01224 733095)

Regards and see you all next year

Graham James

Race Organiser

Transitions

Not sure when or where I picked this up...

Triathlon legend has it that there was a time in the 1980s when Scott Molina was so fast that he could stop to eat a hamburger in the transition area and still win the race. Today, however, with so many great triathletes around, a nibble on a PowerBar is risky. Unless you care little about competition, a slow transition today is a major handicap. In fact, the most difficult of the two, swim-to-bike, has become even more critical these days given the increasing legalization of drafting. In an ITU world, falling behind by just a few seconds at the transition area may mean you'll miss the bike train and ultimately start the run tired and far behind. To find out how to become a quicker quick-change artist, we got different opinions from two of triathlon's best transitioners, pros Nate Llerandi and Jimmy Riccitello.

Good housekeeping: It didn't take Llerandi long to figure out that there was a right way and a wrong way to start off a good transition. An excellent high school and college swimmer, he had a three-minute lead over his 15-19 age-group out of the water at his first triathlon, the 1987 Chicago Bud Light, only to squander it searching for his wheels in a sea of bikes.

Llerandi came up with a solution that makes sense for most amateurs, who don't get the preferential front-row placement he's gotten used to as a pro: "From then on, I'd set up a flag - red with yellow ribbons on it - on a four-foot fiberglass pole that I'd clamp to the bike rack." Beyond knowing where your bike is, either by using a flag or other landmark (Riccitello has used a backpack), the next step is to make sure it's ready for you when you get there. Over the years, sure-fire high-efficiency procedures have evolved to the point where most pros routinely set up their "property" as follows:

- 1) Rack front wheel out. For a quick getaway, hang the bike from the rack by its seat with the front wheel pointing out.
- 2) A place mat. A towel laid out at the bike lets you wipe your wet, dirty feet off.
- 3) Helmet upside down on aerobars, sunglasses inside. Put glasses on first, then helmet. Riccitello believes that he saves time by keeping his glasses hooked under his seat with his spare tube.

To clip or not to clip: Most of the pros leave their shoes pre-clipped to the pedals, but this method may not be appropriate for all of them - or most of the amateurs. Nate Llerandi, for example, always has his shoes attached, while Jimmy Riccitello does not. The difference between the two? Swimming ability.

"Since I'm not the greatest swimmer, I get out of the swim with the masses," explained Riccitello. "I don't think it's a good idea to be fumbling around in a crowd at a low speed, trying to reach down and fiddle with shoe straps, so sometimes I'm the only geek out there who puts on my shoes first.

"But I don't think it hurts me. I pass up a lot of the crowd quickly and am going 30 mph a lot sooner than they are. Some people will try to keep up, but they can't because their feet aren't in the shoes yet."

Llerandi, on the other hand, is a great swimmer who is frequently in first place out of the water. To keep his lead, he tries to get on his bike immediately. With plenty of unobstructed space around him, he can easily focus on inserting his feet in his shoes without having to worry about crashing into another body or getting cut off.

The key, he said, is to get enough momentum - and that starts with proper pedal position at set-up time. "I mount my bike from the left side, so I make sure that the left crank is at 10 or 11 o'clock," said Llerandi. "I push off on my right foot a couple of times, like a skateboard, to get up enough speed to keep my balance as I put my shoes on.

"It's trickier than it looks. You've got to learn to do it without looking at your feet."

Riccitello is one of a minority who use Shimano's road SPD system rather than Look, Time or Speedplay. The reason? "While they're still slippery because they're made of plastic, you can run easier in SPDs because the bottom of the shoe is flat. The others aren't." He uses an SPD-compatible Sidi I-1 shoe because it has only one wide Velcro strap and has a big pull tab on the heel.

As for socks? Most pros don't wear them unless it is very cold.

Sneaking the shirt: If a singlet is required on the bike, trying to put it on when your body is wet and the clock is ticking can seem impossible. That's why wearing it under your wetsuit makes sense. In fact, says Riccitello, even when you don't wear a wetsuit, you should do what he saw a European triathlete do several years ago: Wear your singlet under your swimsuit.

That isn't as crazy as it seems. "Before the race, with the shirt on, I pull my arms out of the shoulder straps, like a woman getting out of a bra, then roll the shirt down my abdomen into my suit," he explained. "As you're running toward your bike after the swim, you pull it out of your suit. This saves you the struggle of putting on your shirt while you're wet."

Practice, practice: Ultimately, all the tricks in the world won't do you any good unless you practice them. Riccitello used to practice the transition in his hotel room the night before the race. In some cases, it may even make sense to practice recovering from mistakes. In fact, Riccitello is sure that Scott Tinley had done just that when he ran across him in the transition area of a San Diego Bud Light race in the mid-'80s. "Tinley had his shoes attached to his pedals - which was novel then, given that clipless were brand new - when one of them hit the ground and popped off," recalled Riccitello. "I laughed at him. He hung a U-turn, smoothly reached down, picked it up, put it on his foot with one hand and promptly beat me out of the transition area."

by Karen Smyers

"I came roaring into the transition area on my three-speed bike, psyched because I was finally going to be able to capitalize on my strength, the run. I saw some people running out of the transition area ahead of me who had just flown by me in the last mile of the bike. 'Ha!' I thought.

'Revenge will soon be mine!'

Fortunately, I had the presence of mind to undo my toe clips before I hopped off of my bike, racked it and headed for the run exit. 'Wait a minute! Where are my legs?' I thought to myself. 'Who attached these tree stumps to my hips?' I sheepishly looked around to see if anyone had noticed my ridiculous attempt at a running gait. Oh my, I thought, people are laughing and pointing at me.

Someone yelled, "Your helmet!" 'Damn, I forgot to take off my helmet,' I thought. Flustered, I wrestled with the buckle and finally got it off and tossed it aside. I willed my deadwood forward and actually started to reclaim ownership of my legs after about a mile.

While I managed to get to the finish line of that first triathlon, my planned victims of revenge were already enjoying their post-race massage. And so began my career in triathlon just a short 11 years ago. I was not prepared mentally or physically for that first T2. Switching the necessary muscle groups in your legs from cycling to running is, quite frankly, an unnatural act and one of the biggest challenges of our sport.

I now know that my run split, regardless of my running fitness, is very dependent on my cycling shape. And I've discovered (and capitalized on!) the fact that races can be won or lost in the transition area. "

Perfect Practice Makes Perfect

Preparation is the key to a smooth transition from bike to run. Physically, the best preparation is to practice a few consecutive bike-run workouts (a.k.a. bricks) before you race. Make sure you mimic race conditions by pushing your race gear on the bike to get your quads sufficiently "pumped up"

and go immediately into the run - no leisurely walk into the house to get on your shoes, get a drink of water, stretch, etc. Believe it or not, the unnatural act will begin to feel natural if you practice it enough. Over the years, my legs have adapted so much that I rarely train in "bricks" anymore. They can really sap your legs, and I feel that it diminishes my run workout.

If you are a novice triathlete, I recommend trying two or three bricks before your first triathlon. Don't do more than one per week. If you are a "seasoned" triathlete, just do one or two bricks before the first race of the year and then only add them in during the season if you have a long time between races.

The Real Thing

On race day, warm up on both the bike and the run before the race start. It doesn't have to be much - just 5-10 minutes biking and 5-10 minutes running is probably enough. I use my warm-up run to check out the entrances and exits from the transition area and search for alternatives to the lines at the port-o-potties.

Pushing too hard a gear on the bike can devastate your running legs, so try to teach yourself to spin more. You don't want to sacrifice your speed on the bike; learn to achieve the same speed by combining a lower gear with an increased cadence. If your race cadence is less than 80 rpms, you definitely need to work on this.

At the very least, let up on the real hard gears when you're about a mile away from the transition area. This will give your legs a chance to get rid of some of the lactic acid that has built up. You can also stand for a few seconds to stretch your back and "heel down" a bit more on your pedal stroke to stretch your calves and hamstrings.

Also use the last few miles of a race to get mentally geared up for the big switcheroo. Start visualizing yourself as Uta Pippig/Steve Prefontaine instead of Rebecca Twigg/Greg LeMond. Be prepared to be a little stiff starting out, but know that the first 800 yards are the worst.

Unfortunately, the prime spectator viewing is during that first 800 yards, so it is important that you distract your fans from your awkward running style by giving a lot of thumbs-up signs and shouting out questions regarding splits and letters on people's calves.

Tips For Your Quickest T2

Learn to get off of your bike with your shoes still clipped to the pedals.

Use elastic laces on your running shoes; they are faster than lace locks.

Practice racking your bike a few times; sometimes this can be tricky if you have weird bars or cables that get in the way.

Wear your number under your wetsuit if allowed or put it on an elastic belt that you can fasten while you are running.

Familiarize yourself with the route in and out of the transition area.

Don't even think about socks. But do remember your shoes. In my second triathlon I was so excited about my new and improved T2 that I ran a couple of hundred yards without them! At least I was helmetless...

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Signed by parent :.....