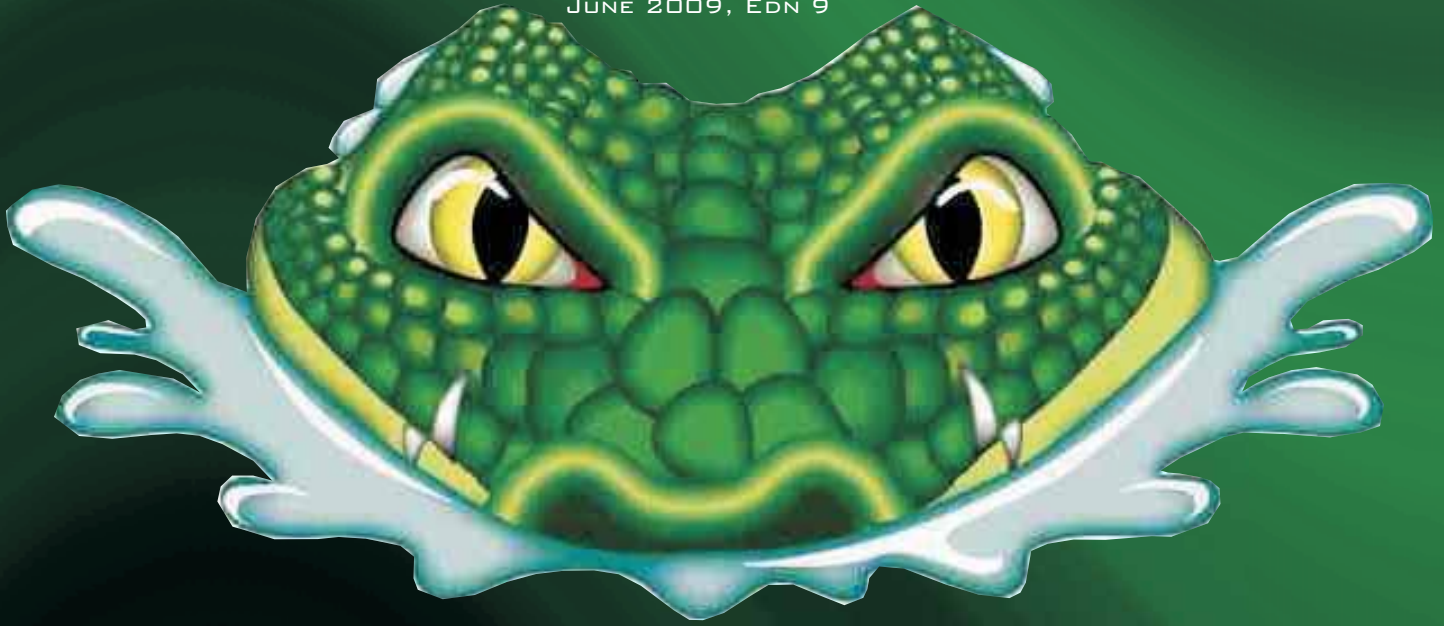


The Croc Chronicles

JUNE 2009, EDN 9



Hopefully you've all been having a well earned break from triathlon shenanigans. Nevertheless, there's still plenty of spandex-related activities to keep you warm over the colder months and prepare for the worlds, Yepoon, GC Marathon, etc. There's a couple of great club events coming up over the next month - the Nundah Duathlon and the End-of-Season Party (and AGM). The details of these events are in the newsletter.

It's hoped that the club will put on a few of these duathlons, so it'd be great if we can get as many crocs and their mates along as possible. It'll be a great hit-out and a super opportunity to fine-tune your transition skills under the eagle eye of Brad B. The AGM is also a great opportunity to provide any feedback on how the club could improve serving it's members and (if you're keen) put your name forward to be on the Club Croc committee. So, hopefully we'll see you there.

It's worth noting that although the squad and club are providing more services than ever before, both have significantly decreased the membership fee from last year. It used to be some \$150 to join the club and the squad (paid separately). Now, the squad and club are offering a combined membership fee of \$70. This is a pretty sweet deal - particularly given that you save \$30 on your TA membership for being a member of a triathlon club like Club Croc Inc. A membership application form is included in this newsletter.

HOT DATES

Date	Race	Web-Site	Club Contact
14th June	Quay West Resort Noosa Century Bike Ride	www.usmevents.com.au	
20th to 21st June	Noosa Winter Series (Clinic & Training Race)	www.noosatriclub.com.au	BD
28th June	Nundah Duathlon		Pete
5th July	Gold Coast Marathon	www.goldcoastmarathon.com.au	
11th July	Club Croc End-of-Season Party & AGM (Regatta Hotel)		Gunny
12th July	Noosa Enduro	www.usmevents.com.au	
18th-19th July	Noosa Winter Series (Clinic & Training Race)	www.noosatriclub.com.au	BD
15th & 16th August	Noosa Winter Series (Clinic & Training Race)	www.noosatriclub.com.au	BD
16th August	Capricorn Half Ironman-Yeppoon	www.capricornhalf.com	Gunny
13th September	ITU Olympic Distance Championships (Southport)	www.usmevents.com.au	Jodie
4th October	Gold Coast Half Ironman	www.usmevents.com.au	Gunny
25th October	ITU World Long Distance Championships (Perth)	www.ldworlds.org.au	Gunny
1st November	Noosa Triathlon	www.usmevents.com.au	TBA
5th December	Ironman WA - Busselton	www.ironmanwa.com/ironmanwa/index.htm	Gunny

If you're attending any of the above races and want to share accommodation, transport, post-race dance floor carving, etc, just drop a line to the above club contacts.

Club Contacts:

Brad Gunn (President) bradgunn@bigpond.net.au

Brad Dalrymple (Secretary) badalrymple@wbmpl.com.au

Peter McDonald peter.sue.mcdonald@bigpond.com

Jodie Spottiswood (Committee) Jodie_Spottiswood@health.qld.gov.au

Nundah Duathlon

Hosted by Club Croc Inc



Keen to carve up the Nundah track, practice your transition skills, get some serious run-bike-run-bike-run action or just looking for a way to keep warm in June? Come along and give the Nundah Duathlon a crack. It'll be a great training day for those competing in the Triathlon Worlds' in September or those just looking to have fun. This will be the first of a series of duathlons hosted by Club Croc Inc over the winter.

Where: Nundah Criterium Bike Circuit, Hedlay Avenue, Nundah. This is a safe and secure course. No part of the duathlon will be held on public roads.

When: Sunday, 28th June 2009. Registration and transition will open at 8am. Registration will close at 9:30am and transition will close at 9:45am. The first race will start at 10am.

Cost: \$10. Payment on the day.

Format/ Distances: Run 5.2km - Bike 6km - Run 4km - Bike 6km - Run 0.8km.

The race will be preceded by a short talk on transition techniques by Brad Beven (Coach of the 'Croc Squad').

Contact: For more info info... Peter MacDonald (peter.sue.mcdonald@bigpond.com)



For the Club Croc Inc. Committee.
Do something for yourself and your
~~country~~ club!

Nominate now for the following positions:

- Club President
- Vice President
- Club Secretary
- Club Treasurer
- (3) Board Members

Nomination form given on Page 4.

Must be returned no later than 3pm 10th July 2009

Brad A. Gunn - Fax (07) 3025 3300 or bradgunn@bigpond.net.au

CROC CLUB INC.

OFFICE BEARER & Brad Beven Medal NOMINATION FORM

The 3rd Annual General Meeting of Croc Club Inc. will be held on Saturday July 11th 2009 commencing at 5.00 pm in the Winterford Room (upstairs) at The Regatta Hotel, Coronation Drive Toowong.

The purpose of this AGM will be to vote on nominations for the following positions:

1. President.
2. Vice-President.
3. Secretary.
4. Treasurer.
5. Board members (up to three).

Please nominate name(s) for any or all of the aforementioned positions and return these nominations to Brad Gunn (Fax (07) 3025 3300, Bradgunn@bigpond.net.au) no later than 3pm on Friday 10th July 2009.

1. President:

2. Vice-President:

3. Secretary:

4. Treasurer:

5. Board members: (i)

(ii)

(iii)

Brad Beven Medal

Please note that all nominated individuals MUST BE financial members of Croc Club Inc. on the night of the AGM to accept their respective nominations prior to running for committee positions.

CROC SQUAD & CLUB CROC INC MEMBERSHIP APPLICATION FORM

July 1st. 2009 - 30th. June 2010



Name:

Date of Birth:

TA Membership No.:

Contact Details:

Home Phone

Work Phone

Mobile Phone

Email

Membership Cost: \$70 (for combined Squad & Club Membership).

Payment

In Person: Cash (& completed form), handed to Brad B or Rod.

Electronic Funds Transfer:

Bank: NAB
BSB: 084-447
Account: 86 349 7454
A/C Name: **Croc Squad**
Reference: **[your surname]**

Come to the Wildest P-party in Town



Club Croc Inc Invites you to the end of season party and awards night incorporating Club AGM and sign on.

Where: Winterford Room at The Regatta Hotel

When: 11th July 2009, 5.00pm-9.00pm

Cost: Members \$ 15, Non-Members \$ 20

RSVP: By 3rd. July 2009 to Brad A. Gunn (0414 667 218, Bradgunn@bigpond.net.au)

Club Croc Inc.

Presents

'The Brad Beven Medal'

The Brad Beven medal will be an annual end of season award to a Club Croc Inc. member voted by his/her fellow members.

The medal is awarded based not upon individual athletic performance, but it focuses on the recipient's contribution to the overall development and participation at all levels within the club.

Specific criteria for the 2008/09 award are:

- Overall contribution to the positive development Club Croc Inc.
- Demonstrated willingness to help fellow club members when required
- Persistence, dedication and consistency in training and racing
- Personal achievement as a club member and athlete
- The recipient must be a financial member of the club for the 2008/09 season

The winner of the 2009/10 Brad Beven Medal will be announced and presented at the End of Season/Awards/AGM function on the 11th of July 2009 at the Regatta Hotel. Nomination form given on Page 4 of this newsletter.

Noosa Triathlon Training Camps

with Nick Croft

Since 1998 Nick Croft (2 Time Noosa Triathlon Champion and 2005 Triathlon Australia Ironman Coach of the year) has been conducting Training Camps in Noosa. Noosa as a location itself needs little introduction. As one of Australia's most scenic and unique seaside towns Noosa is a mecca for endurance athletes and is the home base for many international and some of Australia's best multi sport athletes during the summer months.

If your goal is to simply finish the Noosa Triathlon or take your performance to the next level than there is something for you in this action packed weekend of training and learning.

As part of your package you will receive

- Video feedback of your swim stroke
- Swim squad at the Noosa Aquatic centre
- Open water swimming on the triathlon course
- Basic bike position set up
- Group Cycle sessions
- Run in the Beautiful Noosa National Park
- Swim, ride and run over the Noosa Triathlon course and get valuable inside tips and tricks
- Basic Core Strength, stretching and injury prevention for Triathletes by accredited trainer
- Transition skills
- Noosa triathlon course video clips to take home
- Lots of practical & (some) Classroom work
- Meeting and training with like minded people wanting to get the most out of themselves while having some fun doing it.

August camp - Friday August 7 to Monday August 10 (12 weeks out from 2009 Noosa Triathlon). Additionally, participants get the MSC 12 week Noosa triathlon training program designed by 2 time Noosa triathlon Champ and MSC head coach Nick Croft.

September Camp - Friday September 25 to Monday 28 September (5 weeks out from Noosa Triathlon). Additionally, camp participants have the chance to partake in a full hit out over the Noosa triathlon course in an event staged by the Noosa Triathlon Club.

Numbers are limited (16 years and over).

Day Camp package available (you supply accommodation)

Accommodation package details and camp prices at www.multisportconsultants.com

For any enquiries, email Nick Croft (nick@multisportconsultants.com)

Congratulations once again for those triathlon superstars who have scored spots to represent Australia in this year's Triathlon World Championships. Club Croc Inc members that have made the team are as follows:

Sprint	Olympic Distance	Long Course
Brendan Flanagan	Anna Davis	Belinda Ward
Daniel Pollard	Belinda Ward	Jacqui Kelly
Hannah Daniel-Lester	Bette McGuane	Anne Garton
James Billing	Brad Dalrymple	Jodie Spotiswood
Jason Gibson	Daniel Hyde	
Jim Sturgess	Helen Stark	
Linda Marsh	Jacqui Kelly	
Mark Browne	Jodie Spotiswood	
Peter McDonald	John Maguire	
Roderick Fletcher	Kistra Meares	
	Liz Swinton	
	Mark Woods	
	Melanie Gillespie	
	Michael Swinton	
	Paul Dodd	
	Peter Clark	
	Sara Finch	

What to do for my 50th ?

By Mark Jones

What to do for my 50th birthday? Well what else but run my first marathon. Searching the internet for something exotic and close to my birthday, I found the perfect event. Nagano, Japan a town of 300,000 people close to the Japanese alps and being mid-April, right in Cherry Blossom time.

One small problem - I had involved myself in the triathlon Challenge Series and the main event in Perth was only 5 weeks before the marathon. After discussions with Coach Rod, I decided that was no problem. I was super fit from tri training and 5 weeks to brush up on the running volume would be fine for an experienced old battler.

Rod had his doubts but provided me with an inspired program, which between recovery from Perth and the taper for the marathon, could only fit in one long run of 3 hours. That's all fine I told myself.

After a beautiful 9 days in Japan (what a great country) and filled to the gills with rice, noodles, sushi, cakes, lollies, Gatorade, fruit and jelly race day arrived. A big crowd at the start and at 188cm tall, I had a great view over all the rather smaller locals. (There were only 30 non-Asians in the race). Plenty of staring at the very tall, skinny, old 'round-eye'.

I had decided to go for a time of 3:05 which is between 4:20 and 4:25 pace and that is how I set off. I ran very easily at that pace and 5k, 10k and 15k were so easy that I even thought of dropping to 4:10's to chase the 3 hour pacer.

Halfway in 1:31:45 (3:03:30 pace) and feeling like I hadn't even started, each kilometre coming so easily. I was very, very tempted to pick up pace but many friends (including Coach Rod) had advised that it only starts at 32k. So I just loped along enjoying the superb scenery and the beautiful clean crisp alpine air truly a gift to the lungs. What a great birthday for the old man. Happy, happy, la, la la, la.

So easy at 25k and fine at 30k still on 3:04 pace well Jonesy, you are a very fine runner, I thought to myself. That kilometre was the last bit of my pleasure. By 32k I was struggling and was down to 5:00 minute kms. By 35k, my upper legs were absolutely locked up like I have never known. Ah I see so this is marathoning.

I hobbled on to 36k and had a quick stretch. It helped...for about 50m and then lock-up again. Okay it's a 6k shuffle (got to be a song in that). I was no longer looking at my watch just trying to reach the next road sign, the next light pole, the next anything. At 39k, I was a complete mess and just had to walk. At 40k, in sight of the stadium, I broke back into the very-old-man shuffle managing 7:00minute km pace WOW.

Finishing was bitter-sweet. It was wonderful completing my first marathon but at 3:24:47 needing to do another so I don't die with that PB. Fun, sobering, humbling, exhilarating, satisfying.

St Lucia - Room for Rent - \$180 / week (neg)

CONTACT: Robin Martin 0407 694 531 or robmar@gmail.com

Townhouse in BELLEVUE TCE, ST LUCIA - \$180 / week plus electricity, phone and internet

I have recently purchased a 2 bedroom 2 bathroom townhouse in St Lucia and am looking to rent out the spare room. I will be moving in from 27th June. I am a 27 year old male, IT professional.

You can see the property on the real estate website here.

[Http://www.realestate.com.au/cgi-bin/rsearch?fslm=1&a=o&id=105638737&t=res&s=qld](http://www.realestate.com.au/cgi-bin/rsearch?fslm=1&a=o&id=105638737&t=res&s=qld)

The room is average size, about 2.8m x 3.2m. Enough room for a queen bed and desk. Has built-ins. You would have the main bathroom and main separate toilet which is just outside your room. Also included is off street car park right outside the front door.

- Looking for male or female
- Non-smoker
- Aged 21 - 35
- Someone clean and social
- Prefer professional or student

RACE REPORT 2008 IRONMAN WA

By Robin Martin

My story is about triathlon.

Completing an Ironman Triathlon doesn't happen overnight. It can take years of training, sacrifice and failures. There is no guarantee that you will finish. On Sunday, the 7th of December, 2008 I completed my first Ironman in the small coastal town of Busselton, WA. 3.8 Km swim, 180 Km ride, 42.2 Km run.

Foreword

I started triathlon nearly 4 years ago and it has been a life changing experience. I heard about the Tri-Edge beginner's course by chance and recognised it as a unique opportunity. At the time I was going through a low period. I was unemployed, recently single, and unfit.

The beginner's course was challenging but rewarding. With the squads help I completed my first sprint distance triathlon in April 2005, the Gatorade at Raby Bay, and followed that with my first Olympic distance triathlon in November 2005 at Noosa. Then in July 2006, I finished my first marathon at the Gold Coast, returning in 2007 and 2008.

After my marathon in 2006, I tried training for a half Ironman triathlon but had no program or direction. It wasn't too long before I got fed up, disillusioned and burned out. I took a few months off then came back. I trained by myself for a while and then heard about the Croc Squad. I was bored and thought changing to a 'high performance squad' could be a motivating change. With an individual program, a nutritionist, and improved training techniques such as heart rate monitoring and lactate testing, I took 15 minutes off my marathon time and my post race recovery was phenomenally better.

Using my marathon base I built up my swimming and cycling in just 12 weeks to complete my first half Ironman triathlon in October 2008 using Rod's programs. I had a fantastic race, finished strong, and felt like I was on my way to my first Ironman in early December. It sounds easy, but I struggled. The training was mentally and physically tough. My mood would swing dramatically during the week. My personal relationships suffered. At the same time my father was undergoing chemotherapy.

Prelude

Training and preparation will never be perfect. Three weeks before race day I became sick with a cold for eight days during my heaviest training week, commonly known as "hell week". Then three days before my flight to Perth I found a small hole in my Wetsuit. Thanks goes to the Aqua Shop for helping me with a temporary repair with glue.

They provided their services to me for free. I hadn't even purchased the wetsuit from them. Also, the low battery indicator on my Polar heart rate monitor watch had made me increasingly anxious, so I made a last minute decision to borrow another. Thank you, James Billing.

Race Morning 3:00 am

When the alarm goes off on race morning reality hits, fear consumes you, and you start mentally preparing yourself for what you are about to endure. Rehearsals are over. Today is the accumulation of five months of preparation.

3.8 Km Swim 6:15 am

I said good bye to Jo at the start of the jetty and left her with Deb and followed Jeff down to the shore. I wasn't feeling nervous. In a way it was as if I felt nothing at all. But I held my arm out and it was shaking uncontrollably, watching your body do that is unnerving. I left Jeff and made my way into the ocean to pee from all the fluids I had been drinking. It turned out to be a really hot day but I didn't find this out until after the race I was so well hydrated.

When you sign up for the race you nominate your expected swim time and assigned to one of four colour coded swim start zones. I was an orange cap behind white and blue but in front of yellow. In my wetsuit, the cool water was very pleasant around my face, hands and feet, and dripping into my wetsuit.

W kilometres my legs come good and my rhythm improves and my speed increases, hopefully up to 5m 30s / km. This was not going to be the case. Despite having the experience of completing three marathons this was going to be harder than I imagined.

At 6:15 am the starting horn sounded. I took it slowly and found an ok rhythm. The swim runs the length of the jetty and out a little further round a buoy. It then comes back along the jetty but with a third of the way to go, the course curves out away from the jetty finishing further up the beach.

I consider myself a competent swimmer but not a good swimmer. I still fight a lot of negative thoughts during my swim legs. Having a wetsuit helps though, giving a sense of protection. I started further out from the jetty but this made it harder to know if I was swimming in a straight line, which played on my mind. There was also a swell coming in sideways. I felt pretty consistent throughout the swim though. In my mind I broke the swim up into segments.

Race Report 2008 Ironman WA (Cont'd)

There was a little hut on the jetty about a third of the way out but then nothing really until the end of the jetty, and the turnaround boy about 100 meters after that. Heading back, after passing the little hut I felt close but the last part of the course where it curves out seemed to go on forever. Finally I emerged from the water, completing the swim leg in just over 1 hour 12 minutes.

180 Km Cycle 7:30 am

From the beach I came into transition and for about five seconds completely forgot my race number which identifies my bike gear bag. This bag contains all my food and gear for the six hours spent on the saddle. After about five minutes in transition I was on my bike with enough carbohydrates in the pockets of my cycle jersey to make Jenny Craig cry.

The bike was three laps. Most of the road surface was really smooth, a pleasure to ride on. This part of the race was really fun actually. Along the highways there were tall trees on either side giving shade and the supporters were excellent. The event was very well thought out and organised. They even had signs telling you that a left or right turn was coming up. My nutrition plan had me consuming food and drink every 15 minutes, and I was constantly monitoring my speed, cadence and heart rate.

By the second lap I needed to pee again. Most of the good athletes are able to pee and continue cycling. But this is actually quite difficult to do, and something I had not practised in training! I did get quite good at stopping, hopping off my bike, leaning into a bush, relieving myself and hopping back on again. There are porta loos on the course but a bush is quicker and often the toilets were occupied.

I found a great sense of satisfaction in the long flat ride, on a good surface, powering along under my own efforts, down in my aero bars, checking my vital statistics from time to time, handling my nutrition and feeling good. I was able to average about 31 km for most of the cycle. In the last 10 km the wind picked up coming back into town.

Unfortunately poor Jo missed me coming through on the first two laps because I had calculated my pass through times on an incorrect start time. So she had not seen me in six hours and I later found out that she had been really worried, even delusional having called her mum in tears and saying she was going to buy me a brand new \$3,000 bike and let me do Ironman New Zealand!

Ultimately I had caused Jo's worry by my episode at the Mooloolaba triathlon in 2008. I learnt a hard lesson about bike maintenance when I couldn't repair a flat tire because of my horrid tyres and then stubbornly rode 18 Km back to town on a flat back tyre. I, stubborn Taurus, finished the Olympic distance race in four hours, the slowest time on the day for the entire field.

Fortunately I learnt my lesson and finished my 180 Km bike a few seconds under six hours.

42.2 Km Run 1:30 pm

I had been hoping to run the marathon in under four hours. The first kilometre I was feeling a bit stiff. Usually after the first few kilometres my legs come good and my rhythm improves and my speed increases, hopefully up to 5m 30s / km. This was not going to be the case. Despite having the experience of completing three marathons this was going to be harder than I imagined.

I would describe the feeling as getting to the 35 Km mark in a normal marathon, now imagine how you are feeling at that point, and then run 42.2 Km. My speed gradually grew slower. I plodded along slowly. I reassessed my goals and decided that no matter what, I wasn't going to stop and walk, even for the aid stations. In hindsight, perhaps, physiologically it may have been better for me to stop for 5 minutes and have a good stretch. On the other hand, I may have seized up completely and been unable to finish. Mentally, if I stopped once it would be too easy to stop again, or to stop completely.

So I just plodded along with my Mongrel beside me for four and half hours. It could have been worse. The pain was a combination of my sore feet, a lack of core strength, my bad back, and not enough long brick (bike then run) sessions. 3-4 hour sessions starting at 3:00 am or 4:00 am on a Wednesday morning, by yourself, before work are tough, ok?

Finish

After more than 4 ½ hours out on the run I finally came down the finish chute in a time of 12 hours 13 minutes 19 seconds. There was no sprint finish. I was spent. But I could finally reset and say that I am an IRONMAN!

Place: 46th/63 in 25-29 age group
Swim: 1:12:14
Cycle: 6:07:46 (includes transition 1)
Run: 4:53:17 (includes transition 2)

Special thanks to Jo for her endless support, faith and understanding during my training and for coming with me to Busselton.

