

Elle Presidente!

Improve your style
with Audrey's help

How to tie your
shoes

et
edinburgh
triathletes

TRIBULL

February 2011



Ready to Roll

The Editor Says

Phil Parr-Burman



A new year and Tribull continues to bring you new stuff from the creative well that is Edinburgh Triathletes. If the presidential address isn't enough for you we have the first in each of two new series of articles for you.

First, there will be an occasional series of pictures of ET kit in exotic locations. This month James and Jim.

Second, and I am really excited about this, for those of you not sure of the appropriate way to present yourselves for training and competition, we have a mystery fashion expert, Audrey. She will give us important advice and answer any queries you have on the subject.

Enjoy!

Web Site

Phil Parr-Burman



Most of you use the club web site, if only to read tribull (which the majority do on line). In case you didn't know though its at

<http://www.edinburghtri.org>.

Maybe you don't know that its easy to add articles (instructions on the home page) and to join in the banter on the forum.

The web site is partly there so that people can find out about the club and how to join us, but its also a resource for members. So if you have any ideas to make it better (in either of its two main roles) please let me know.

Bike Boxes

Phil Parr-Burman



A reminder (and news to you if you've joined this year for the first time) that the club has 2 brand new hybrid bike box/bags which come highly recommended.

If you want to use one or both of these just let me know when - and be prepared to part with a £25. A small price to pay to keep your baby safe.



Presidential Address

Kirsten Sinclair



Welcome to a new year in triathlon. To those of you who have just joined us – welcome to ET. To those of you returning members – welcome back! 2010 was a great year for ET with many people achieving great personal racing goals from first time novice events to World Championships, Ironmans and adventure racing. And of course the club came 3rd in the Scottish club championships. But 2011 can be even better and you are the ones to do it! We seem to be getting off to a great start with lots of people coming along to training sessions and starting the year as they hopefully mean to go on. Already races are getting booked up with some local events starting to have waiting lists.

So now's the time to start thinking about the year ahead. What would you like to get out of triathlon? Whatever it is, ET can help. Whether you want to compete in your first ever event, move up from sprint to standard, standard to half ironman or go the full distance, we have coaches and training sessions to help you all. And if you're just looking for a bunch of friendly, enthusiastic people to do some exercise with and enjoy yourself then we're also the club for you. As well as all our training sessions, details of which you can find on our excellent web site, we also have not one but two social secretaries who will be keeping us entertained throughout the year. So there are no excuses for not having a great time as part of our club.

On the racing front, it is the time to start thinking

about your goals and get entering the races so you don't miss out. If you're not sure what to go for then ask – there are lots of experienced coaches and athletes who can guide you to the best races for you. Most local races can be entered via the entry central website, www.entrycentral.com, and don't forget the very friendly Borders series which can be found at www.bsit.org.uk/triathlon-series-2011. The club also has target races for the year which count towards the ET club championship and there are more details of these races in the "club championship" article later in this issue of Tribull.

When you are entering races remember to put your club name as Edinburgh Triathletes, not ET or Edinburgh Triathlon Club or any other variations that come to mind. If you don't then your points won't get counted for the club championships. Also remember to join Triathlon Scotland so you get a race licence. This is important for various reasons – it gives you discounted race entry, it gives you insurance when racing and training in this country and abroad, and it makes you eligible to get your results counted for the Scottish ranking and Scottish Championships. And of course it lets your points go towards helping ET to go better than last year and win the club championships back! Oh and you also get a rather fetching Triathlon Scotland buff – what more could you want!

So, here's to a great 2011 with lots of hard work, good results and most of all, lots of FUN !

Kirsten

ERC Winter Duathlon: Wet, windy but no snow!

Rachael Todd



Swim-bike-run makes for a great combination but I struggle to muster up as much enthusiasm for the swim as for the bike and the run. I've been keen for a while to see how I'd fare with swimming out of the equation, but with so few duathlons on the race calendar it wasn't until a few weeks ago when I was able to finally get round to losing my duathlon virginity!

I entered the December race in the ERC Winter Duathlon Series but with snow and ice rendering the course unsafe the event was cancelled. I transferred my entry to the final race on 15 January but with a busy festive period in between I forgot all about it. Handy then that the race organiser sends competitors a nice personalised email the day before to remind you to turn up!

My 'race preparation' was less than textbook – lots of Christmas dinners and enough chocolate to keep Cadbury's in business, not to mention the copious amounts of wine, beer and gin I consumed over Christmas and New Year. My bike hadn't been out of the shed since November but I had at least done a couple of jogs in the snow and made it to the spinning regularly. I wasn't going to set the duathlon world alight with my performance but I knew I'd done enough training over the previous few months to at least be confident I wouldn't embarrass myself.

When I saw the weather on the morning of the race I had serious second thoughts but after the personal email the day before I couldn't convince myself to pull out. On the way over rain was bouncing off the card windscreen, the wind was blowing things over the road and the matrix signs on the way to Kirkliston were set to 'severe weather expected'. As something of a fair weather cyclist I was losing enthusiasm by the minute but the race organisers were upbeat and quite excited that it wasn't snowing with "Wet, windy but no snow!" seemingly the phrase of the day.

Despite the torrential rain and near gale-force winds my first duathlon experience was great right from the start. There was something about starting the race safely on 'dry' land (or at least just land) in a nice comfy pair of running trainers that made it that bit more enjoyable. There was no worrying about drowning in the pool or people swimming over me. Just some fellow competitors who'd set off too quickly to overtake running up the hill and a lovely farmyard full of mud and poo to navigate. The first run (4k) went well and I was back in transition after just over 16 minutes to be welcomed by an encouraging marshal and a good half inch of water in my cycling shoes (and that was despite having left them wrapped up in a plastic bag).

I don't think anyone was too disappointed when they'd announced at the race briefing that road works meant a slight shortening of the bike leg to 12k. The route is fairly flat, heading out through Winchburgh to Bridgend where you turn and retrace your steps back to Kirkliston. Having not ridden a bike for 3 months it took a few minutes to regain some bike confidence and remind myself what to do but Thursday nights at the sweatbox kept me right and it was the weather that was the main challenge. With the horizontal

rain making it difficult to see at times and a wind that always seemed to be blowing in the wrong direction, I was pleased to get almost to the halfway point before being passed by anyone (the senior men start 5 minutes after the women and vets). Those of you who've seen me on a bike will know that I very much enjoyed the tight 180 degree turn round a tiny cone in the middle of the main road.

After 25 minutes I was back in transition and, after a comedy attempt to quickly change into my now extremely wet trainers with numb hands, I set off squelching on the final run and was swiftly reminded just how uncomfortable running off the bike is. To get myself moving I tried to think through the advice from the coaching sessions at Meadowbank - shorter stride, quick feet, relaxed upper body... one out of three perhaps not great but it turns out my boxer like arm position is a very useful technique to shielding my face from the wind and rain.

It wasn't too long before the heavy legs drifted away and I was able to pick up the pace and

pass the only woman who had overtaken me on the bike. I finished the second run in a time just over 30 seconds longer than the first leg which, given the amount of extra weight I was carrying around in rainwater, is practically a negative split.

After just under an hour I finished the race soaked to the skin but having thoroughly enjoyed the event. The icing on the cake for me was discovering I was the second girl home. Admittedly there were only eight women in the field and with a notable absence of any female competitors in GB or Scotland trisuits the women's race was up for grabs by anyone but, as the saying goes, you've got to be in it to win it. Or in my case, come second!

I'd thoroughly recommend the ERC Winter Duathlon Series. This was a well organised race with chip timing all for the bargain price of £10 (£8 if you are organised enough to have purchased a race license before entering). The only thing missing was any fellow ETs!

Club Championship 2011

Kirsten Sinclair



Every year we have target races which we try to encourage people to enter. This means that we hopefully get a good turn out of ETs at these races making them very sociable and if you are new to racing then you know there'll be lots of friendly faces around to show you the ropes. These races also count towards our own club championships – there is a scoring system for each race you do and at the end of the season Anne will count up everyone's points and we award a male and female ET champion. You should have a race licence to race so in keeping with the official championships, we won't count your scores if you don't have a race licence. So have a look at our target races this year and get yourself entered, get a race licence and join in the fun and competition – Good Luck!

Scoring system –

- 10 points for each event
- Women – 2 extra points for each ET you beat
- Men – 1 extra point for each ET you beat
- The top 5 races to count

Races

1. East Fife Sprint Triathlon 10/4/11
2. Stirling Duathlon 27/3/11
3. Midlothian Sprint Triathlon 1/5/11
4. Knockburn Standard Triathlon 12/6/11
5. Lochore Sprint Triathlon 19/6/11
6. Kelso Sprint Triathlon 7/8/11
7. Aberfeldy Middle Distance 20/8/11
8. Strathclyde Standard Triathlon 4/9/11
9. Portobello Aquathlon 25/9/11

Getting your training tied up right

Richard Foxley



Many moons ago when I was just a lad, my mum, like many others across the nation, always told me to make sure my laces were tied properly. At the time it was in an effort to make sure I didn't just trip over my laces and knock out my front teeth but she was actually onto something more than she knew at the time.

Years later, my first Saturday job as a teenager was in a local sports shop which sold mostly athletics gear and trainers. One day, when chatting to a customer about the foot pain he was having when running, one of the shoe reps who happened to be in the shop stepped into the conversation to offer a solution to the problem. The solution was surprisingly simple. Re-lace your trainers.

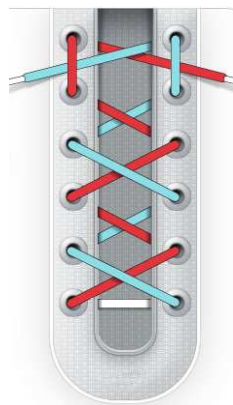
Just like the rest of our bodies, everyone's feet are individual and can occasionally benefit from a different treatment to the next persons, so the traditional criss-cross lacing pattern we're all taught as children sometimes needs to be revised in order to avoid our trainers moving about on our feet. It's amazing how annoying problems like rubbing, blisters and toe pain can be removed with an alternate lacing pattern which pulls, stretches or releases the upper of a trainer in a different fashion from normal. Although mathematics suggests that there are over 2 trillion ways of leading a lace through the six pairs of eyelets in your average trainer, I've suggested a mere 5 alternatives below for some common trainer related ailments...

HEEL SLIP:

If you want to lock the heel in place, use a normal criss-cross lacing pattern up to the last eyelet, and then create a lace lock - this will clinch your heel securely into the shoes heel cup.

To do this just feed your laces through as you normally would until you get to the last pair of eyelets at the top. At the final eyelets, lace the right hand lace through the right eyelet and the left hand lace through the left eyelet, creating a loop between the last two eyelets. Then cross the laces and feed them through the opposite

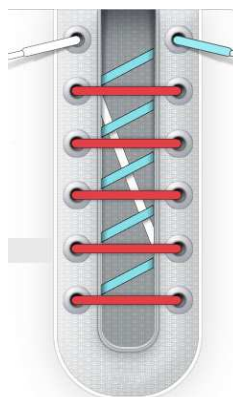
loop and tighten before you tie the laces.



TOE PROBLEMS:

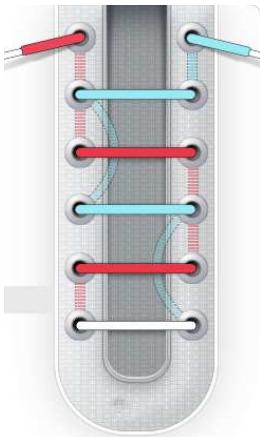
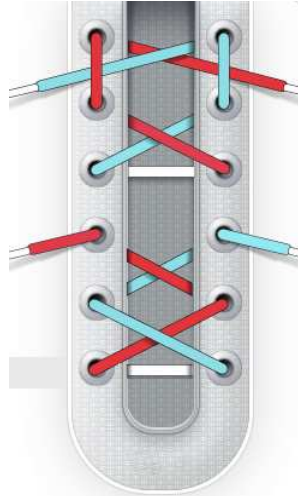
By threading one end of the lace diagonally across the whole tongue, it will lift the toe box up at the front to relieve problems like hammer toes, toe corns, bleeding toes and nail problems.

Feed one end of the lace from the first eyelet on one side of the shoe to the last eyelet on the opposite side of the shoe. Fill the remaining eyelets by looping the rest of the lace across the shoe then diagonally up an eyelet all the way to the top.



HIGH ARCHES:

By splaying the laces, pressure points created on the centre of the tongue by criss-crossing laces over each other can be removed. Start by feeding both ends of the lace over the top of the shoe through the first eyelets. Then lace one side up through the eyelet directly above on the same side, and the other end up through the eyelet 2 above on its side. Loop the laces directly across over the top of the shoe and repeat, but this time switch which side goes up one eyelet and which side goes up two eyelets.



TOP-OF-FOOT PAIN:

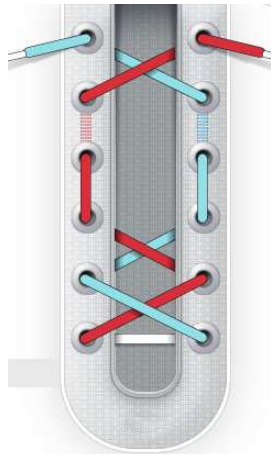
Similar to those who get pain from pressure caused by high arches, if you're suffering pain across the top of your foot, it may be from pressure points created from laces crossing over the top of your foot.

Skipping a set of eyelets in the pattern can relieve these pressure points on the foot. Which set of eyelets you skip can be adjusted to suit you best.

WIDE FOREFOOT & NARROW HEEL:

If you have problems with the shoe fit over the length of your shoe then using two sets of laces could be the answer to altering the fit along the length of your foot.

Take the first lace through to the middle eyelets where they can get tied off. The second lace then continues up through the last pair of eyelets, laced in exactly the same fashion as the first lace.



Ask Audrey

Audrey



Dear Audrey, my boyfriend has taken up triathlon and now delights in wearing lycra, should I be worried? DG, Dalkeith

Yes. It's all downhill from here. Next he'll be shaving his legs and wearing skin-tight leggings and calling them 'recovery compression equipment' when watching TV of an evening. Get out while you still can.



Dear Audrey, please could you settle an argument: are speedos fashionable? AS, Warrender Park

Are you talking about on old blokes in dubious holiday resorts or at ET training sessions? Many of us would regard speedos as the ultimate in cool for pasty Scottish men. They may not enhance your performance but they will certainly attract the attention of the ladies. If you can get some with the ET logo on the back, all the better.



Dear Audrey, after 10 years of happily married life my wife has threatened to leave me. She says my recent fetish for 3/4 length bib knickers and shaved legs is a turn-off. I need your help. PT, Meadowbank

She has a point. You need to take a long hard look in the mirror. Throw away that razor, buy some proper men's cycling trousers and show her what she's missing.



Need Audrey's advice? Send your questions to Audrey via the Tribull editor at phil.pb1960@googlemail.com. If you need an answer to your problem before the next edition of Tribull you'll have to pay for professional help.

ETs Abroad !

Jim McGoldrick



It never ceases to amaze me how far and wide ETs scatter in all seasons, terrains and adventures.

Some recent photo's I saw of James Gibson in Nepal made me think of a challenge to keep us amused in the coming months and to brighten up a corner of Tribull.

The ET Travel Challenge..... it's pretty simple , get yourself (or a friend) into a piece of ET kit, t-shirt, hoodie, whatever and simply get our logo photographed somewhere far far away / , somewhere famous or even better some kit on someone famous or somewhere silly, you get the idea. Use your imagination, you are mostly bonkers so get on with it.

It's specifically not about race photos, you can easily get them published when you write a race report. This is just ET on The Road Far Travelled.

Here's one of me cycling through Vietnam in full club colours in 2008, and of James Gibson on his travels, to kick us off.



Race Licences

John Whittaker



Here is a short reasoning for a race licence.

The race licence debate is always one that gets people thinking, the most obvious reason for having one is the discounted price for races. However, there are other more important reasons. The race licence means you have some insurance whilst racing and training. If you are seriously injured then there is some money

made available through triathlonscotland. You have public liability insurance so if you damage a vehicle or worse still damage someone else then there is insurance if you have a licence.

In a more altruistic sense a race licence helps you support the sport. The governing body does get some funds from sportscotland but that is based on membership and performance. Our elite athletes do their job at the performance end; we need to do our stuff and join as members therefore increasing the options for funding.

People are quite happy to pay thousands of pounds on kit and travel, so a small investment around £30 doesn't seem such a big deal.

Profile: Steve Law

Your Coaching Co-ordinator...

Describe yourself in 10 words

Why didn't I start doing triathlons when young and fit?

What age group are you in?

The wrong side of 45.

What's your day job?

I.T. fixer.

How long have you been an ET member and what do you like about the club?

2 years. It's great to be surrounded by other nutters.

What are your ambitions in triathlon?

To stay ahead of Jon Jack but that's not so ambitious so I'm keen to try a middle distance race next year and I'd like to break 70 minutes for a sprint by the end of this season.

What is your favourite club session?

A full Saturday morning session is good. It's much easier to convince yourself on the way home that you deserve a few beers later on if you've had a decent workout!

What's your favourite piece of kit?

Pool Buoy

What has been your best racing or training moment?

Last year the sprint2standard group booked the Dalkeith pool on a Sunday and did a trial swim (for Selkirk standard) at race pace. I was in the improver lane and Jon was in the faster lane. I'd been swimming quite a lot so finished a length ahead. When Jon finished and stood up, he pointed at me with a quizzed look on his face and said "What are you doing here?" No honestly, it was funny. Finishing Selkirk was a great feeling (and I guess I should mention that Jon did beat me).

What has been your worst racing or training moment?

The great first dip-in experiment (sound familiar?). Having cycled round the block several times and stopped on the grass each time to practice my clip-out, I thought "job done" and set off for the main roads kitted out (bad move).

I got to the first main T-junction where there was a bus stop opposite with about 10 bored people looking in my direction. Naturally I had taken the precaution of unclipping my left foot in advance but of course my brain decided it wanted my right foot to touch down first. Cue slow, painful crash in front of the astonished punters who clearly couldn't work out how one can crash so badly when stationary.

What is your favourite post-race treat?

A massage and a Tunnock's caramel wafer biscuit.

Who or what inspires you?

Watching ordinary people achieve extra-ordinary things while retaining a sense of perspective.

Name three songs you would recommend for a training session.

I know I'm getting on a bit but I still find dance music a fantastic motivator so here goes:-

I Feel Love (P.H.A.T.T. remix), Binary Finary (Paul Van Dyk remix). Make you feel my love (J&T Rework).



Profile: Jon Jack

Our Web Master bares all..

Describe yourself in 10 words.

Tall , dark , handsome, liar or Small, dark, dimples, smiling truthful

What age group are you in?

35 - 40

What's your day job? eLearning/Designer geek at Edinburgh University

How long have you been an ET member and what do you like about the club? Just over 2 years, I like the fact the club is so inclusive with a wide mix of abilities, and how much the coaches and members put into making the club what it is.

What are your ambitions in triathlon?

initially it was to finish NYD tri without drowning. Now who knows? Get my sprint times down, OW standard, Aberfeldy?

What is your favourite club session?

Sat morning swim, bike (if I bring my bike, which isn't very often – at the moment). And a wee run after.

Did you come to triathlon from another sport?

Hmmm, I was Scottish street skateboarding champion when I was a teenager. Not sure that led me to triathlon though.

What's your favourite piece of kit?

My craft base layer(s), they are so warm on the cold winter bike rides, if you don't have one – get one.

What one thing would improve your performance?

New shins, I have an ongoing battle with shin splints, which is really killing my running.

What has been your best racing or training moment?

East fife 2010, Mike B, Steve L and me all finishing within about 10 seconds of each other, even though we were different heats,

was just a great race, sun was shining, loads of other ET's there.

What is your favourite post-race treat?

Dominos pizza and Beer.

Who or what inspires you? The people that turn up to that first swim session, claiming to be terrible swimmers or that they cannot swim, then within a few sessions they are powering up and down the pool.

Name three songs you would recommend for a training session.

White Stripes: fell in love with girl, Leftfield : Afro left, The Strokes : Someday

Men with shaved legs: yum, yuk or indifferent?
Never done it, as I'd be there all day.

Women with six packs: yum, yuk or indifferent?
More yuk than yum for me, sorry to the six pack girls.





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Any problems please email membership@edinburghtri.org