

Member Asks Why!

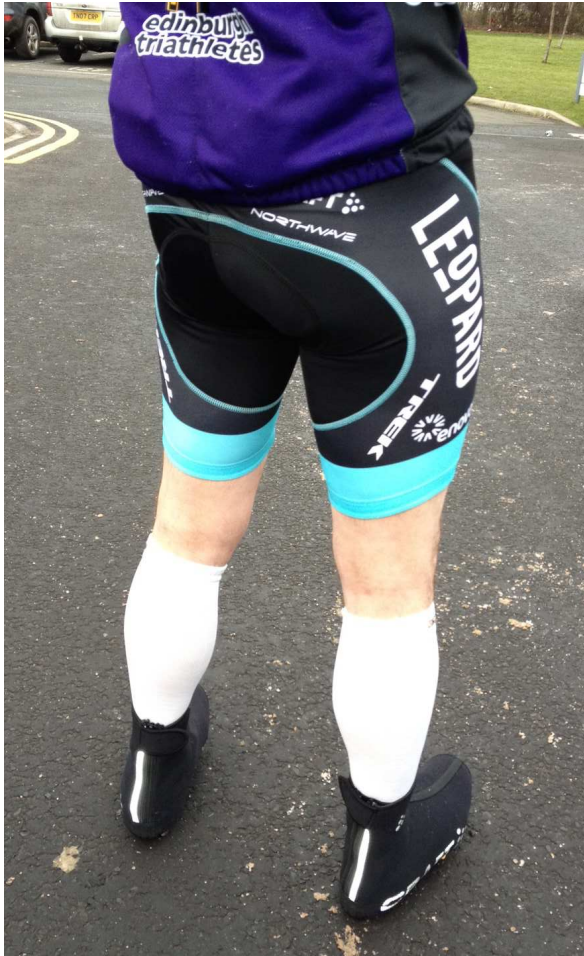
Triathlete Drinks
Beer in Provence!

Meet Your Club
Mates!

et
edinburgh
triathletes

TRIBULL

February 2012



A man clearly in need of some fashion pointers.

The Editor Says

Phil Parr-Burman



Well people, its not too long to wait now before the season starts. Not the phoney season when people do those duathlon things, but the real season where you have to do three different things in one race.

But duathlons have a purpose. If you want to make your legs really suffer that's the way to do it. That's what they tell me anyway, so I have decided to veer from the path of the righteous and enter not just one, but two. They will both have been done by the time I get to the next

edition so you can look forward to my report from the other side.

So what do we have for you this month?

Its welcome back to Audrey, fresh from her winter break in Verbier, to give you the guidance you need — since we all know that triathlon is not all about fitness. One of our newest members shares her experiences and two of us experience how the French do it. Add to that three profiles and of course Kyle's bike ad and we have another bumper issue. Or maybe its one of the smallest in a while. None the poorer for that, but seriously people, get writing for next time!

Club Championships

Phil Parr-Burman



- | | |
|-----------------------------------|--------|
| 7. Aberfeldy Middle Distance | 18 Aug |
| 8. Strathclyde Standard Triathlon | 2 Sep |
| 9. Portobello Aquathlon | 30 Sep |

A reminder of the 2012 club championship races
The Races are:

- | | |
|---------------------------------------|--------|
| 1. Stirling Duathlon (both distances) | 25 Mar |
| 2. East Fife Sprint Triathlon | 8 Apr |
| 3. Midlothian Sprint Triathlon | 6 May |
| 4. Knockburn Standard Triathlon | 10 Jun |
| 5. Lochore Sprint Triathlon | 17 Jun |
| 6. Kelso Sprint Triathlon | 12 Aug |

Points awarded: (only to members of Triathlon Scotland)

10 points for competing

Boys: 1 extra point for every other ET boy you beat.

Girls: 2 extra points for every other ET girl you beat.

Your best 5 performances count

Ask Audrey

Audrey



Dear Audrey

What is the best way to recover if you misjudge your fuel intake during a longer ride and start hitting the wall a long way from home?

Dear Madame

Stop. Remove the emergency £20 from your pocket, and use the GPS on your smart phone to give the taxi firm co-ordinates. The hit to your ego will be much easier to recover from than the hit to your appearance in arriving home exhausted and sweaty. Remember to get dropped 5 minutes from your destination and do the glory leg home. And don't tell a soul.

Love Audrey (fashion advisor and now life coach).

Dear Audrey

Please see attached photo. I am a relative newcomer to this triathlon lark, and want to make sure I fit in with the Edinburgh Triathlon girls. Should I be rocking the faux suede knee-length 3-bolt look, or the summertime bijoux ballet pumettes for 2-bolt pedal-stomping action?



Dear Madame,

First of all may I thank you for the evidence here, else I might not have believed you. It seems that the walk between the swimming pool and the bike is a fashion quandary for many a triathlete (see also 'brown boat shoe man', March 2011 issue). Given a choice, I'd go boots winter and pumps summer, but I think it may be time to standardize 'transitional footwear' by giving it the ET team-kit treatment! Purple slip on gym shoes anyone?

Why Tri?

Liz Sim



Why Tri? A newbies view.

OK, so if you've not met me, I'm Liz - one of the newbies. You may have seen me flailing in the slow lane at Dalkeith on a Saturday morning. Folk here at work keep asking me what on earth got me into triathlon. I've asked myself the same question and as yet I don't quite know how I got here. At the risk of sounding like Miss Marple, let's examine the facts:

Swimming - As a kid I was absolutely petrified of swimming, I'd make any excuse I could to not go and used to feel sick at the thought of it. At a recent school reunion, old mates could not believe their ears when I mentioned triathlon. I had to get over the fear when I joined the merchant navy as a teenager, as job depended on passing basic test in the pool. Basic lessons ensued and I was finally able to get both feet off the floor and to get from one side of the pool to another (N.B. that would be breadthways not lengthways). I'm fortunate to say that I never had to try out my new swimming 'skills' in the year I spent on a cruise ship.

Cycling - OK, so I used to cycle to school as a kid (forced to in the rain and snow despite gurning, life was hard in the dark ages in the Highlands). Have done the Pedal for Scotland/St Andrews runs, no problems there. Commute in to work couple of days a week, remove the traffic from the A701 and that would be lovely. So, the cycling bit makes sense.

Running - I gave that up age 13 back in the 80s. By giving that up, my sum total of running before then was school sports every year. 200M was my limit. I was not a runner.

So, to summarise, a sporting background one does not have. Maybe it's a midlife crisis that has caused the change in attitude. From nowhere, back in Oct 2009 I decided that I was going to do a triathlon, namely Peebles Come-and-Tri the following June. To this day I don't know why (or how) I found Peebles of all the options. I therefor had to come up with the master plan.

By this time my swimming was a tad better than

it had been in my youth. I'd gone along to adult lessons at Greens in town a few years previously to try and improve things. At this stage I also have to admit that I went along to one of the 2 day Total Immersion courses at Callander. Seeing me in the pool now at Dalkeith you would not know this. The course was fantastic - the most tiring two days of my life as I'd never spent so long in the pool in my puff, but made perfect sense. Lesson one though which I failed to execute - after course practice what you were taught. Doh..back to breaststroke it was then.

Running was a real problem. I had to start from absolute scratch. By now I was working at Edinburgh Uni, and heard of a Jog Scotland beginners group running at Kings Buildings. This was exactly what I needed, I had from Oct to June to go from zero to 2.5K, surely I could do that. With the excellent help and support of Karen Rafferty, and a certain Anne Moore you may all know, one embarked on the beginner's jog-walk plan in my Monday lunch hour. Being next to the observatory and Braid has its benefits - but I hate that hill! (Note to Anne if you are reading this..). Only a couple of months after starting with JogScotland, I remember the sheer fear when I went along to my first ParkRun, accompanied by Karen. They really need to get loos down at Crammond to support those newbies turning up for first run. Karen convinced me that walking when I needed to was not a problem, and stayed with me round the course. Completing it was great. OK, I'd walked a bit, but I'd just done 5K.

So, that was it. I could do this. When the season opened up in the new year, I signed up for Peebles with great intrepidation. Kept jogging, got a wee bit quicker, and hit a few more ParkRuns, slowly managing to run all the way. Swimming - erm did a bit of that myself ignoring everything I'd been taught, reverted to old ways, breaststroke will do for this year. Kept cycling to work, and occasional loops at weekend down to West Linton from Penicuik across the moor road. Beloved supported me all the way, and bought me a Tribook, running hat and a set of SPDs for birthday (although one is yet to get used to SPDs).

June 2010 - D-day arrived. If I thought I'd been nervous before first ParkRun, this soon paled into insignificance. Oh god, transition, helmet - remember to tie helmet, no drafting, what to wear!! Can I just say at this point that tri suits are

not designed for the taller, larger than average female who require support so don't knock themselves out in the run. So, shorts, sports bra and a surfing rash vest it was. My beloved drove me down to Peebles, accompanied by dog at 8am, all ready for the start at 9ish. "Hello – you are in heat 6, starting at about 12 ... " What? One had not accounted for this, either nutritionally or from a toilet stop point of view. I think I lived in the loo for the full four hours. By the time my heat started, dog and beloved had lost the will to live. Rule 1 – don't do anything different on the day. I'd not tried swimming in tri shorts, bra and a rash vest in local pool, as thought I'd be thrown out for being loopy. It was like swimming with a giant drogue on my back (nautical term from my old seafaring days, when in life-raft and safe distance from vessel, stream the drogue). Last out of the pool, but that was to be expected. My aim now was to get back at the young kids who had flown up and down the pool. Must pass them on the cycle or will be embarrassed for life. Soon found out that some of the kids were absolutely brilliant at everything and are future superstars, but there were a couple of victims on the cycle. Oh the pleasure in catching up and passing! Before that day I did not realise I had a competitive streak. At the end of it all I came in 15th of 18. This surpassed my aims, not only had I finished without injury or disqualification – I wasn't last! So that was it, I was hooked.

Egged on by Ms Moore, an entry to Dalkeith Womens Tri followed that year, where I remarkably won the award for 'fastest local'. I was gob-smacked. OK, not many locals had evidently entered that year, but this is not the point. Thank you ET for this, as it really made my day despite the fact that I finished way down the field.

Then came Kelso. Kelso makes me cringe for a number of reasons. Reason A that hill on the cycle, it's evil. Reason B – ToeGate. I was still

doing breaststroke at that time, kicked the lane rope hard. Really hurt, thought I had split toe open but looked down and no goriness so just kept going. Did the cycle, foot a bit sore but OK. Straight on to the run, was in trainers already so no change of footwear. Ok, toe really starting to hurt now, might have to limp a bit. Finished it all then headed back home, but not before I'd checked the tootsie. Hmm, is toe meant to be that black, and large?? Stopped off at Borders General on way home to get foot checked and yes I had managed to break my toe. Who would have thought swimming was so dangerous (then again we are talking about the girl who broke her wrist doing step aerobics in her student days at a class at the Commonwealth Pool). I now have a dislike of lane ropes. So that was 2010 - Three novice triathlons, one prize and a squiddy toe.

So what about 2011? I'll spare you from that tale for another day

Ironman 70.3 - Aix-en-Provence, France

Paul Rowlings & Paul Chowdhry

25th September 2011.

At the end of September, ET was represented by 2 Pauls at the inaugural French Ironman 70.3 race. Held in the picturesque town of Aix-en-Provence, the race promised to be the perfect end to a long season - and in warmer conditions than Aberfeldy!



With bikes and kit packed, we kissed our long suffering wives goodbye, and pitched up at the airport for our 'boys' weekend away. The pre-race warm-up started a bit earlier than planned, during our transfer at Gatwick, with a sprint to the gate as it was closing.

We landed in Marseilles and after squeezing all our kit into the hire car, we wended our way to Aix, making the 1st of our (what turned out to be many) navigational faux pas. We eventually found our B&B, and its eccentric proprietor, Luc, who has re-created a 1950's French grocery store theme, complete with an authentic delivery bicycle in the courtyard. Luc also seemed to pride himself on serving locally inspired, yet perplexing, breakfasts while insisting we drink our morning coffee from a bowl.

For those that have been to Aix, you may recall that it is a warren of cobbled streets, and just getting back to our B&B after dinner seemed beyond us most nights. Fortunately the local patisseries opened late, allowing us to stock up on delicious florentines in case we didn't make it back for Luc's next round of gastronomic morning oddities.

On the day before race day, as we tucked into our pear donut and cheese salad breakfast combo, we planned a short ride to check out a couple of the climbs along the bike route. Cue the



next of our navigation issues, as we rolled back into Aix 4 hours later after a very enjoyable jaunt around the French countryside.

That evening, fully carb-loaded, we settled down for an early night before race day. However, pre-race nerves and steady snoring from my roommate put paid to that. With the alarm set for 4am, I was still wide awake at 2.30am and mentally revising my 'bad day' race times. The decision was made to decant to the en-suite in a last ditch attempt to get any kip. It took a while to squeeze my mattress into the shower space, but thankfully it worked, and I dozed off.

The glorious weather we'd enjoyed for the 1st two days had deserted us on race morning, as we trudged in the pouring rain and dark to the bus that took us to the swim start at a nearby lake. By the time we arrived, the rain had stopped and we joined the other 1200 racers going through the standard routine of checking and re-checking their bike set up. Paul C gave up on the port-a-loo queue in favour of a traditional facility near the lake, but has refused to reveal details of how to go French style with a wetsuit on.

We soon found ourselves standing at the edge of the lake watching the pros get underway. 5 minutes later, as we stood on the beach chatting

away and expecting at any moment to be marshaled into the water for our promised deep-water start, the hooter went off and 1000+ puzzled faces made a mad dash into the water.

The bike course proved to be just as memorable, with 4 punishing climbs and thrilling descents on the closed roads around spectacular Provence. Both of us soon found our 'shadow rider' – the one you just can't seem to shake off. During a 2 hour game of cat-and-mouse I had plenty of time to contemplate the depressing realization that my 'shadow' was in the F50-55 age group, and seemed to have no problem overtaking me with ease on every flat sections, only to be hauled in again on each climb.

It was a relief to get to T2 and begin the 1st of our 3 laps through Aix's parks and town centre. The locals had come out in their thousands to cheer the racers along. Combined with the historic town backdrop and cobbled streets, it made for an unforgettable atmosphere. I doubt I'll ever forget rounding the last corner and seeing the finishing shoot beyond the impressive fountain in the town centre.



With the elation of having crossed the line, we collected our finishers shirts, made the most of the free massage and cheered other finishers home.

After picking up our bikes (and getting lost one



more time on the way back to the B&B), we showered and headed back to the finish to enjoy a post race beer before the heroes party.



Our season was now over, and as the days got colder and darker we had plenty of time to reflect on the year. Without doubt the highlight for me will be our adventures in Aix-en-Provence.

We left the town with fond memories and a couple of PBs. But the final highlight awaited us at Heathrow, where we spied Susan Boyle reclined in the lounge. The trip, and our season, was now complete! Roll on 2012.



Classifieds

Sales Bikes....

Corratec RT Coronas, Ultegra, 50cm, Red/White, New/Unridden, £945

Raleigh Avanti full carbon Time Trial bike, 52cm, 2011, new/unridden, blue/white, SRAM red, bar end shifters etc, £1999

Raleigh Aura womens specific road bike, 2011, 43cm, white/jade, Sora gears, new/unridden, £365

Raleigh Carbon Race, Full Carbon, 2012, 56cm, Black, New/Unridden, Ultegra, RS30 wheelset, £1100

Corratec Dolomiti, 105, Alloy frame, carbon fork, red/white, new/unridden, 2011, Large, £800

Corratec Dolomiti, Tiagra, Alloy frame, carbon fork, blue/white, new/unridden, 2011, Large, £625

Raleigh Airlite 100, 2011, Blue/yellow, 59cm, Carbon fork, new/unridden, £300

Winter bike bits...

Tyres.. Schwable Durano, 700x25c, £20 each

Light set.. Moon xp300(front) and shield(rear), rechargeable, £95

Mudguards.. Crud CRD 200 Roadracer, £25 pair.

Overshoes.. Avenir, small, med or large, £16 pair

E.mail me at kylestrachan@yahoo.com or call 07813941287

Profile: Richard Kirby

Describe yourself in 10 words

Ageing well, reasonably fit, still got own teeth, dodgy hearing.

What age group are you in?

40-44 - about to be promoted to the 45-49 group.

What's your day job?

Creating e-learning technologies to help education providers do a better job! I am just about to launch XMoodle.com – a cloud based e-learning production tool for creating Moodle courses.

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

Been a member for over 7 years I think. I have been out of the club training loop for a while though, and miss you all! The best thing about the club is the members.

What are your ambitions in triathlon?

I have successfully completed all the standard distances. Given the latest change by WTC, I guess my long term ambition might be another 11 Ironman branded races to get a freebie to Kona one year.

What is your favourite club session?

The track sessions are great – although not managed to make them yet this year.

Did you come to triathlon from another sport?

I got the fitness bug when training for the BT Global Challenge 2000/1, The World's Toughest Yacht Race. On reaching dry land again, I took up running, up to marathon distance, until Mark Chapman persuaded me to join ET. Hadn't swam since school, but reasonably competent on a bike, and used to running.

What's your favourite piece of kit?

My tri-specific bike.

What one thing would improve your performance?

Being more consistent in my training.

What has been your best racing or training moment?

For triathlons, crossing the finish line at Ironman

Germany – very emotional. In general, helming the yacht over the finish line in the River Plate on the way to our stopover in Buenos Aires. Mind you, we were last at the time.

What has been your worst racing or training moment?

I have only DNFed once – it was one of our own New Year's Day races. Weather was foul. Punctured on first lap at the backside of Arthur's Seat. Fitted spare only to snap the valve as I pumped it up with shivering hands. Then tried gluing patches to old tube, but too wet to stick, so had to trudge with bike in just tri-suit all the way back to the Commie pool.

What is your favourite post-race treat?

400g Toblerone :)

Who or what inspires you?

Those older than me who still beat those much younger than me (and of course me too!).

If you could replace one triathlon discipline with something else, what would it be?

Replace the run with chess boxing – although sorting out who boxes who would be an issue.

Name three songs you would recommend for a training session.

Anything with a suitable beat.

Men with shaved legs: yum, yuk or indifferent?

Indifferent.

Women with six packs: yum, yuk or indifferent?

With my 1 pack, that makes lucky 7.



Profile: Fiona O'Hanlon

Describe yourself in 10 words

Chatty, young-ish (see below), fairly hopeless at bike maintenance.

What age group are you in?

25-29 (just!)

What's your day job?

Researcher

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

About five years now. I like that the club accommodates a range of abilities and aspirations, from folk like me right up to people who are competing at European and World level.

What are your ambitions in triathlon?

To enjoy the triathlons that I do and to move from sprint to standard over the next year or two.

What is your favourite club session?

Saturday mornings at Dalkeith. It's great to have an hour of exercise done by 9am on a Saturday morning.

Please give an answer to at least six of these questions:

What's your favourite piece of kit?

My headband. Without it triathlons would not be possible. I'd look like a fraggle at the end.

What one thing would improve your performance?

More training! J

What has been your best racing or training moment?

Doing a 5k in under 22 minutes – with John Whittaker jogging behind me shouting encouragement. Thanks John!

What has been your worst racing or training moment?

Getting stuck trying to put a pair of shorts on over a swim-suit in transition in the Stirling Aquathlon. It lost me third place and my dignity.

What is your favourite post-race treat?

A cup of tea and a guilt-free packet of Hershey's Peanut Butter Cups

Who or what inspires you?

The friendliness and encouragement of others in the club.

Name three songs you would recommend for a training session.

The Jay Z/Linkin Park album – being shouted at helps with the motivation when running!

Men with shaved legs: yum, yuk or indifferent?

Definitely yuk!

Women with six packs: yum, yuk or indifferent?

Indifferent.



Profile: Richard Foxley

Describe yourself in 10 words

Old enough to know better, dumb enough still to try

What age group are you in?

30-35

What's your day job?

Architect

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

I've been with the club just over 4 years now. It's great to have such a wide range of people, personalities, abilities, ambitions, backgrounds and coaches to train alongside. There's always a different perspective to things and it can be hard to see that training on your own all the time.

What are your ambitions in triathlon?

After being sidelined by injury/illness last season, this season is just about getting myself back in the game and getting some decent racing done. In the future i'd like to try for a GB age-group spot and long-term, once i'm all done competing, i hope i can be an even better coach than i was an athlete.

What is your favourite club session?

Saturday mornings at Dalkeith. A great opportunity for a quality session and I love cycling, it's the best opportunity of the week to get out for a good group cycle.

Did you come to triathlon from another sport?

Don't all triathletes??... I originally took up karate when i was 5 and competed in that pretty seriously until my late teens. I started playing basketball at high school which eventually took over and i concentrated on that until i made the switch to triathlon.

What's your favourite piece of kit?

Well of course those that know me would be the first to agree that i don't really buy a lot of kit... but of that i do own, it would definitely be my bike. Whichever one i happen to be riding at the time.

What one thing would improve your performance?

Consistency

What has been your best racing or training moment?

Crossing the finish line at IM Austria. There's a big build up to these things with all the training you do beforehand so it's great when it pays off on the day.

What has been your worst racing or training moment?

Watching an entire season from the sidelines.

What is your favourite post-race treat?

ForGoodnessShakes and a peanut-butter & banana sandwich

Who or what inspires you?

My competitors. It's safe to say i'm pretty competitive and there's nothing like being hot on the heels of someone, or having someone chasing you down to spur you on.





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Looking for coaching advice?

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