

INFORMATION BOOKLET 2009

BUNBURY TRIATHLON CLUB

WOMEN'S RACE INFORMATION BOOKLET

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CONTACTS

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Bunbury Tri club 2009 / 2010 Calendar

RACE 1 SUNDAY 1-NOV-09

South West Sports Centre 7.30am

STATE RACE SUNDAY 8-NOV-09

Bicentennial Square 7.30am

RACE 2 22-NOV-09

Eaton Foreshore 7.30am

WOMENS RACE 29-NOV-09

South West Sports Centre 8.00am

RACE 3 20-DEC-09

Binningup 7.30am

RACE 4 17-JAN-10

Eaton Foreshore 7.30am

RACE 5 21-FEB-10

Eaton Foreshore 7.30am

RACE 6 7-MAR-10

Wellington Dam 7.30am

CLUB CHAMPS 28-MAR-10

Eaton Foreshore 7.30am

Websites of Interest

Bunbury Tri club

www.bunburytriclub.asn.au

Triathlon WA

www.triwa.org.au

Bunbury Runners club

www.bunburyrunnersclub.mysouthwest.com.au/

South west cycle club

www.cyclesportnews.com/swcc

Running WA

www.wamc.org.au

Busselton Jetty Swim

www.busseltonjettyswim.org.au

FREQUENTLY ASKED QUESTIONS

What should I wear?

Most elite women triathletes do the whole event in their bathers. However, since most of the entrants in this event are not elite, best advice is to wear what you are comfortable in. A lot of women will throw on a t-shirt or singlet after they exit the water, some will also pull on bike/aerobic shorts. If you require extra support during the run, we recommend you wear a bra or crop top under your bathers. About 50% will not put socks on, but just wear their trainers without socks during the run.

Can I use a mountain bike?

Yes. About 40% will be using a mountain bike on the day. We recommend you get road tyres put on your wheels rather than the knobbly thick tyres. This will make it easier to ride. If your bike is old, please have it checked at a bike shop prior to the race, as any bikes that are potentially unsafe will not be permitted.

What happens on the day of the race?

On the morning of the event be sure to get there early. You do not want to be stressed because you are running late. Around 7 am is recommended. There will be signs directing you where to park on the day.

You will need to register so that the officials know you have arrived. At this time you will also be allocated your swim start time. Rack your bike on the bike racks provided. Set out all your gear along side your bike. Have a warm-up run and cycle, and make sure your bike is working properly. Have your bike in a gear that you can easily pedal to start the race. Ensure you are ready to go when the race briefing commences at 7.30 am. Listen to the briefing. (See more info under "Race Day").

NUTRITION AND SPORTS PERFORMANCE

Lauren Hall

Accredited Practicing Dietitian (APD)

Maintaining a healthy balanced diet will be essential in optimizing your sports performance. It is very important that during your training you do not overeat in an effort to increase your energy levels. In establishing your diet plan, ensure that it is focused around wholesome, fresh foods that pack in the maximum nutrients. This includes items such as fresh fruit and wholegrains which are a natural source of energy and are also a great deal less expensive than energy bars, drinks and pastes. For most people, maintaining a healthy balanced diet will be far more beneficial than adding in energy bars and drinks. Fatty and sugary foods should also be kept to a minimum as they provide excess calories/kilojoules to the diet with little or no nutritional benefit. Alcohol should also be limited as it can lead to dehydration and/or hangover. Like foods filled with fat and sugar, alcohol is also a source of empty calories/kilojoules that do not adequately fuel the body for sporting performance.

The following is a guide to help you with making food choices before, during and after exercise.

Remember that this is a ***guide only*** and one of the most important things is that you eat ***according to your personal comfort*** and what works for you. Remember not to over fuel your body either, as this is likely to lead to weight gain and will therefore actually work against your attempts for optimal sports performance.

Before Activity:

Before exercising you should consume foods and drinks that are easy to digest, rich in carbohydrate and low in fat. Carbohydrate is important for building up your muscle glycogen stores which is what your muscles use during exercise as a fuel source. Pre-exercising meals are usually consumed 2-4 hours prior to exercising, but personal stomach comfort should be considered. If you are trying to lose weight, you can still eat prior to exercising. It is the daily energy balance that matters when trying to lose weight. You may wish to monitor the effects of your food and drink choices on your performance. The following are some suggestions for pre-exercising eating:

- Breakfast cereal + reduced fat milk + fruit
- Porridge + reduced fat milk + fruit juice
- Toasted muffins/crumpets with honey/jam/marmalade/vegemite
- Baked beans on toast
- Pasta topped with low fat tomato based sauce
- Roll or sandwich with banana and honey
- Fresh fruit salad + low fat yoghurt
- Smoothie with reduced fat milk + low fat yoghurt + choice of fruit

During Activity:

If you are exercising for *less than 90 minutes it should not be necessary to eat anything* during your activity. You should however, ensure that you have *adequate hydration* throughout the period. If you are exercising for longer than 90 minutes then extra carbohydrate may be required. This is usually taken in the form of sports drinks or easy-to-eat food bars or sugar confectionary (experiment according to individual needs).

After Activity:

It is important that you replace your fluids and carbohydrate soon after exercise to restore muscle glycogen stores. Protein and fat can usually be replaced at the next meal. It is recommended that you have a post exercise snack with the first 2 hours post-exercise but it is thought that the first 30 minutes may be the most crucial time as this is when the body replaces glycogen at the quickest rate. Your food choice post-exercise should be high in carbohydrate (1-2g carbohydrate per kg body weight), moderate in protein and should also include plenty of fluid. The following are some suggestions for post-exercise snacks:

- Sports drink
- Banana, peanut butter and honey sandwich
- Fresh or canned fruit
- Sports drink
- Fruit juice
- Breakfast or muesli bar

- Low fat flavoured yoghurt
- Fresh fruit salad with low fat yoghurt
- Smoothie made with reduced fat milk, low fat yoghurt and choice of fruit
- Toast/crumpets/muffins with honey/jam

Use of Sports Drinks

Sports drinks are best suited to endurance sports and high intensity sports. They provide carbohydrate as a fuel for muscles and the brain and also electrolytes to assist with absorption of carbohydrate and water from the small intestine. Their flavour can also help to increase fluid intake for some people. Sports drinks were primarily designed for use during exercise for optimal fluid and fuel delivery, however they can also be used prior to exercise to top up glycogen levels and also post exercise for re-hydration. If used post exercise, they should be consumed with a food source that provides carbohydrate, protein, vitamins and minerals.

Fatigue

Symptoms of fatigue include elevated heart rate, drop in performance, increased feeling of effort, muscle soreness and pain, sudden weight loss, loss of appetite, low resistance to infection, loss of enjoyment in training, sleep disturbances and depression.

The following is a list of some of the causes of fatigue:

- Inadequate intake of carbohydrate leading to gradual depletion of glycogen stores
- Low energy intake
- Poor food choices: low intake of fruit and vegetables, heavy reliance on take-aways
- Dehydration – chronic dehydration is common, remember your hydration through the whole day and not just when you are exercising.
- Iron deficiency

Weight Loss and Low Carb Diets?

Low carbohydrate diets are not ideal for active people who train regularly as they tend to be high in fat and restrict the main fuel that the muscles need. Inadequate carbohydrate intake leads to less glycogen for muscle work. They also result in a loss of muscle and fluid and can lead to fatigue. If you are trying to lose weight you should follow a diet that is:

- Moderate in lean protein sources
- Contains low glycaemic index (GI) carbohydrates
- Adequate in carbohydrate for level of training
- Incorporates a wide variety of nutritious foods.

SUMMARY

Enjoy a healthy, balanced diet that contains plenty of wholegrains and fresh fruit and vegetables.

Ensure you also include low fat dairy and lean protein sources. Keep fat, sugar and alcohol intake to a minimum and remember that feeding your body plenty of fresh foods packed with nutrients will be more

beneficial than additional sports bars/drinks/pastes that may lead to additional calories that are not required in many circumstances.

Stretching for sporting performance

Samantha Rankin

Accredited Exercise Physiologist (AEP)

Why stretch?

If you try to stretch a rubber band to its limits when it's cold, one of two things will happen. Either it won't stretch very far – or it will snap. If, however, you roll it around a few times to 'warm' it up and give it a couple of practice stretches, it will ultimately stretch a bit further and achieve a full range of motion.

Our muscles work in a very similar manner. Doing any exercise involving range of motion your body isn't used to is like stretching the rubber band. If we try to do it 'cold', you'll either get a very small range of motion – or move too far and 'snap' (tear) the muscle tissue. If we warm up gently and move slowly into stretching, a full range of motion will be more readily achieved.

Flexibility during exercise is not the only reason to stretch. The body works on a 'use it or lose it' principle with stretching. If we don't put the body through a full range of motion on a regular basis it can have a detrimental effect on our everyday activities i.e. twisting or lifting. This predisposition to injury then prevents us from enjoying a fit and healthy lifestyle on a daily basis.

When should I stretch?

Many of us were taught to stretch before we do exercise. In reality the best time to stretch is dependent on the movement patterns of a sport and the convenience of doing stretching before, during or after activity i.e. is it convenient to stop and get out of the pool or off the bike after 5 – 10 minutes to stretch?

The important thing about stretching is that it should never be done on a cold muscle. If you are stretching at the end of a session this isn't a problem, as your muscles have been well and truly warmed up. If you are stretching before a workout, however, it is recommended that there is a period of light exercise to increase both heart rate and blood flow to the muscle. This may mean walking briskly from the car to the pool or a quick walk before a ride.

The moral of the story is that stretching, like nutrition, is a very individual thing and we all need to work out what is best for us. Some people will swear by stretching pre- exercise, others swear by stretching post exercise. Find out what works best for you and stick to it.

All stretches are described as what side the picture shows.
Please do all stretches on both sides.

You should feel a comfortable stretch, not pain. Back the stretch off if it feels painful.

Hold stretches for at least 30 seconds, otherwise you won't get any benefit.

Hip Flexor



Kneeling on right knee (use towel if needed), pelvis tucked under, slowly push pelvis down while slightly arching back until stretch is felt on front of right hip.
Hold 30 seconds.

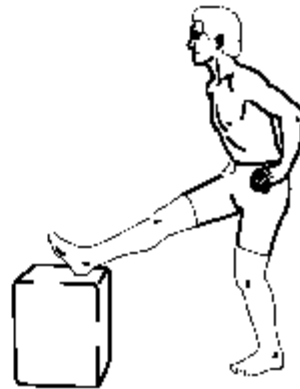
Quadriceps

Pull right heel toward buttock until stretch is felt in front of thigh. Keep knees together and trunk straight.
Hold 30 seconds.



Hamstring

Place right foot on seat or ground. Slowly tilt forwards from hips, keeping back straight, until stretch is felt in back of thigh.
Hold 30 seconds.



Gastroc

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, toes forward, lean into wall until stretch is felt in calf.
Hold 30 seconds.

Repeat with back knee bent.

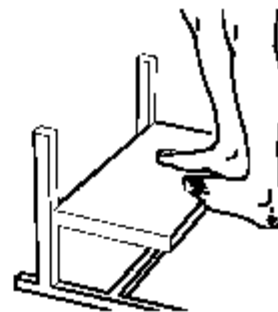
If you don't feel this stretch, do off a step as shown.



Calf stretch- Step

Standing with only ball of left foot on stair, let heel drop down until stretch is felt through upper calf.
Hold 30 seconds. Relax.

Repeat with a bent knee, feel stretch in lower calf.



Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Use elbows to push knees down further. Hold 30 seconds.



Piriformis



Cross left leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 30 seconds.

Piriformis



Cross right ankle on top of left knee. Gently pull left knee toward chest until stretch is felt in buttock/hip of right leg. Hold 30 seconds.

Some good stretches for swimming!

Triceps

Gently pull on left raised elbow with other hand until stretch is felt in shoulder. Hold 30 seconds.



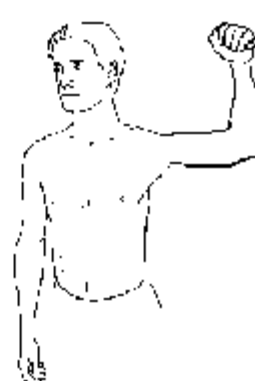
Posterior capsule

Left arm across body, gently increase stretch with other arm. Keep shoulders back and down. Feel stretch in back of shoulder. Hold 30 seconds.



Pectoralis Stretch

Elbow at 90 degrees, place palm forward against door frame or wall. Turn body slightly away from wall, feel stretch in front of chest.



STARTING IN TRIATHLON

Swimming

In preparing for the swim it is important to practice regularly. Even if you are only able to complete a short distance initially, stick with it and you will improve. A short, consistent amount of swimming will reap greater results than an occasional, long session. If you are really struggling or concerned about your swimming, seek guidance from one of the contact people (see page 2).

Cycling

You can use any type of bike to complete this triathlon. However, cycling will be easier on a reasonably lightweight bike. Ensure that you take advantage of the opportunity to get your bike checked at Fitzroys' Cycles. Do this at least two weeks before the race

Seat height is the single most important part of bike setup. If your seat is too high you will rock from side to side, losing efficiency and using your calf muscles excessively as you stretch for the pedals. Too low and you won't be stretching your muscles out enough and will place excessive strain on your knees.

To check if your seat height is correct, sit on your bike (steady yourself against a wall) and put your heel on the pedal at its lowest point. In this position your knee should be fully extended. Without changing your seat position check the other side as well. If you are unsure about seat height, ask the staff at Fitzroys' when you take your bike in for the check. The seat itself should be level, not tilting up or down.

As with swimming, it is essential that you cycle regularly and at different levels of intensity. This will give best results in the quickest time. If you have time for two rides a week, one should be a longer, easier ride and the other shorter, but harder.

For the majority of your time cycling, your legs should be moving quite quickly; ie going around at least eighty times per minute. This is called 'cadence' and better bike riders ride with a higher cadence. Pushing a gear that is too hard slows down your cadence and wears you out faster. Keep in mind that on race day you will have to get off the bike and run. Riding with a higher cadence **will** make it easier to run.

When riding it is important to be aware of other road users and other hazards. Looking ahead rather than looking down is important so you can check the road ahead is clear, anticipate upcoming corners or other hazards like dogs and parked cars. It is important to also think of riders who may be following behind or close by. Clearly indicate your intention to change your line by calling out or using hand signals.

Where possible it is best not to brake hard and suddenly as you risk locking up your back wheel or crashing over the front of your handlebars. Gentle even braking using both front and back brakes is a good habit to practice. Try setting a mark on the road or path where you want to stop. Gently apply both front and rear brakes and slide back slightly on your seat straightening out your arms. This moves your weight back making the bike more stable and reducing the risk of you tumbling over the front of the handlebars. Don't forget to get your foot out of the toe straps if you have them before you come to a complete stop.

Practice riding as slow as you possibly can. For increased difficulty, put some obstacles in your path and ride around them.

Running

Running is probably the sport that you are most likely to know the most about and the easiest to begin. Unfortunately, it is also the hardest on the body, so it's important to stretch before and after running sessions.

Some tips for getting started:

1. Start slowly the most common cause of running injuries is too much, too soon. When you start out it isn't important how far you run. Set a time limit during your first few weeks, for example, 15 minutes, three times a week. Some days will be easier than others. Start by jogging gently and walking if you feel the need. Over the weeks, you should find that you require less periods of walking and that soon you can run the whole time.
2. Style Run the way that feels comfortable for you, not the way someone else says to run.
3. Run with a friend This will help pass the time and also help keep you motivated. Also, during your first few weeks of running, if you can't carry on a conversation while you run because you're out of breath, you're running too fast. Slow down and try walking for a while.
4. Good shoes Seek advice from an expert – one of the staff at a local sports' shop, for example. Good shoes may cost quite a bit of money but will be much cheaper than medical bills.

Training guide for you first triathlon

This is a very basic guide for someone aiming to complete their first triathlon in six weeks time. It assumes that the person is currently not involved in any regular sport. It is best to do some sort of exercise every day

Week	Session 1	Session 2
I	Swim 15min Bike 15min Walk/run 25min (10W- 5R- 10W)	Bike25-30min med pace Walk/run 25min (10W- 5R- 10W)
2	Swim 15min Bike 15min Walk/run 25min (5W-5R-5W-3R-5W)	Swim 15min Bike 30 -35min Walk/run 25min (5W-5R-5W-3R-5W)
3	Swim 15min Bike 15min Walk/run 25min (5W-5R-5W-5R-5W)	Swim 15min Bike 30 -35min Walk/run 25min (5W-5R-5W-5R-5W)
4	Swim 15min Bike 15min Walk/run 25min (5W-6R-4W-5R-5W)	Swim 15min Bike 35 -40min Walk/run 25min (5W-6R-4W-5R-5W)
5	Swim 15min Bike 15min Walk/run 25min (4W-7R-3W-6R-5W)	Swim 15min Bike 45+min Walk/run 25min (4W-7R-3W-6R-5W)
6	Swim 15min Bike 15min Walk/run 25min (4W-8R-2W-6R-5W)	Swim 15min Bike 30min

W= walk R=Run

RACE DAY

PRIOR TO RACE DAY

- In the days leading up to the race, make a list of all the things you will need to take with you on race day. Keep this list somewhere handy so you can add to it as things come to mind.
- Read all the info you have been given and make sure you know exactly where you are going for the race and what time you need to be there.

DAY BEFORE

- Drink plenty of water and eat good, nutritional food. Best not to have a big night out the night before. It may or may not affect your race, but it will certainly affect the way you recover.
- Have all your gear packed in the car, ready to go, before you go to bed.

ON THE DAY

- Get up early enough to ensure you have time for a light breakfast.
- Get to the race with plenty of time to spare.
- Register, then try and go about getting organized for the race quietly - chatting frantically to others will make your heart race and get you hyped up.
- Rack your bike and lay out your gear next to your bike. Do not move anyone else's bike, just find a space where you can fit – officials can assist if necessary.
- Have a bit of a warm-up (see "Frequently Asked Questions") and take some time to stretch and go over the race in your mind. If you have any questions, ask the officials.
- When you go to start the race, you will be in your bathers and only need to take your goggles and swim cap with you. See following page for details of swim start. After the swim, you will be directed back to transition where you can dry off and put on whatever additional clothing you require for the cycle.
- Put your helmet on **before** you unrack your bike. You will need to push your bike out of transition and only get on it when you are instructed to by an official. After the bike, you will need to get off before transition and push your bike in. Rack your bike **before** taking off your helmet.
- When you first start running your legs will feel like rubber. This is normal. Your body will gradually adjust and you will start to feel better.

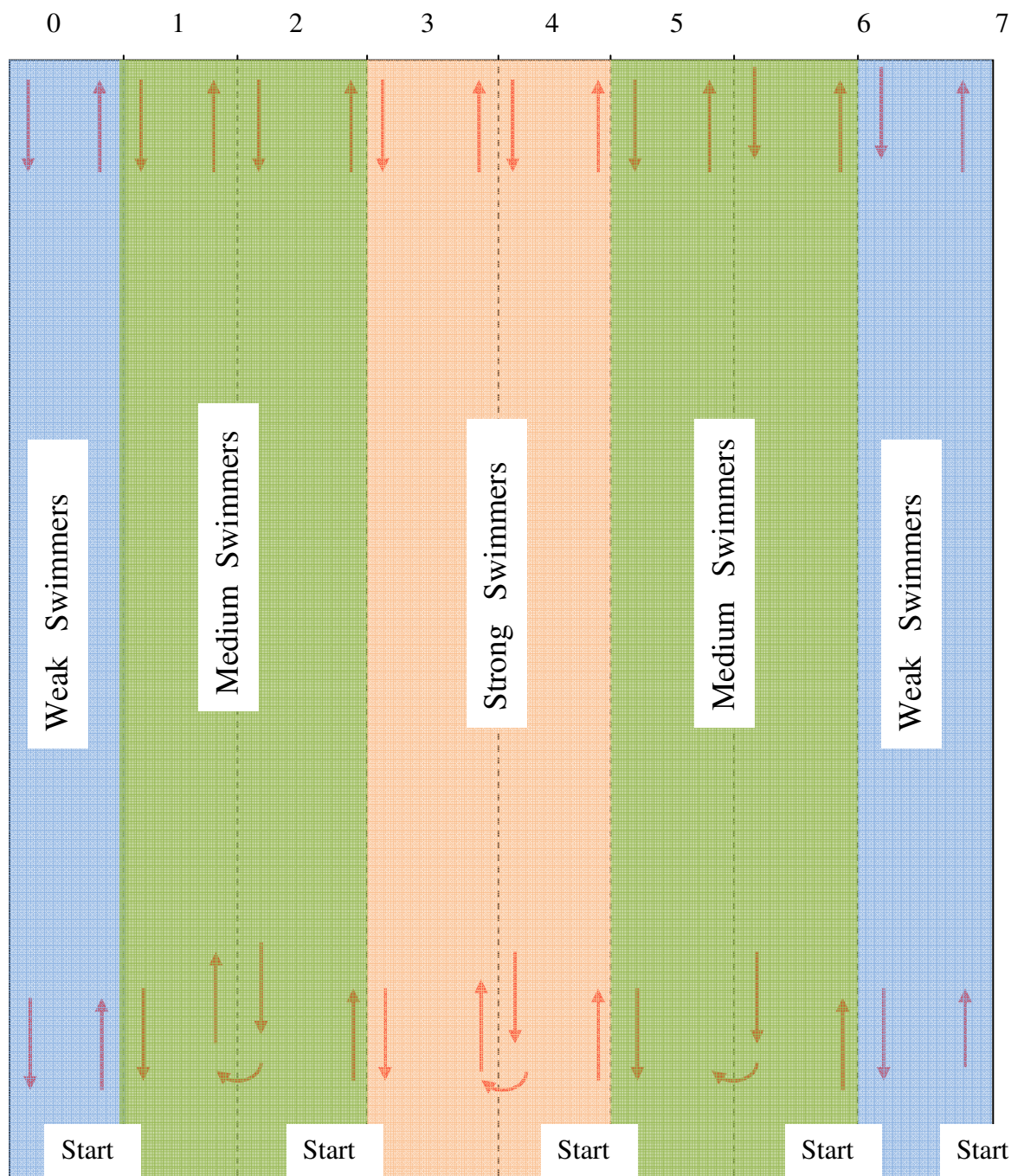
AFTER THE RACE

- Try to keep walking or at least stand for five minutes after the race. This will help you feel less stiff the next day.
- Drink some water and eat some fruit that will be provided.
- Pack up all your gear and remove your bike from transition.
- There will be announcements at approximately 10:00am.

Swim Starting Order

When you register on the morning of the event, you will be given a number and told which lane you are starting from. A list of names with the starting lanes will be posted in several spots around the pool.

As much as possible, we will order the women within each level so that the fastest are last to begin. There will be a gap of 20 – 30 seconds between each competitor. There will be five people designated as starters. Each starter will have a list with all of the women starting from that lane and the order in which they are starting.



SWIM SESSION

Beginner:

400m

Warm up
50m swim

Main set

3x
25m x kick
25m x drill
50m swim

Cool Down

50m swim

600m

Warm up
100m swim

Main set

3x
50m x kick
50m x drill
50m swim

Cool Down

50m swim

800m

Warm up
150m swim

Main set

4x
25m Hard
25m easy

3x

50m x kick
50m x drill
50m swim

Cool Down

50m swim

Intermediate

1km

Warm up
250m swim

Main set

3x
50m x kick
50m x drill
50m swim

5x

25m Hard
25m easy

Cool Down

100m swim

1.5km

Warm up
300m swim

Main set

4x
50m x kick
50m x drill
50m swim

5x

50m Hard
50m easy

Cool Down

100m swim

Drills

- Catch up
- Straight arm recovery
- Zip up

Kick

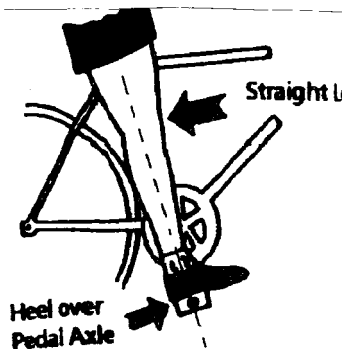
- With board
- Stream line
- On back

Bike Set up

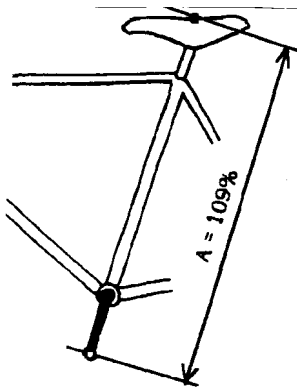
Being correctly set up on your bike not only makes you more comfortable and reduces your risk of injury, it also makes it easier to ride more efficiently. As a result you can ride faster for longer and still have enough energy left to stride it out in the run. All good news and means it is worth taking a few minutes to check your position on the bike. **Seat Height**

Seat height is probably the single most important thing to try to get right. Too high and you will be rocking side to side, losing efficiency and using your calf muscles excessively as you stretch for the pedals. Too low and you won't be stretching your muscles out enough and will be placing excessive strain on your knees.

A simple yet quite reliable method of checking seat height is to line the cranks up with the seat tube and then place your heel directly over the centre of the pedal. The knee should be fully extended without the cyclist having to rock to the side to reach the pedal.



Another guide is to measure the rider's inseam and multiply it by 1.09 to give an indication of seat height.



The seat should always be set level, not tilting up or down.

Any method used to gauge seat height can only be applied to an average population and adjustments always need to be made for individual differences, different shoes, different pedalling styles etc. It is best to roughly set seat height using the heel or 1.09 method and then see how it feels and ask an experienced cyclist to watch you ride to pick up any inefficiencies like pelvic rocking, inadequate knee straightening.

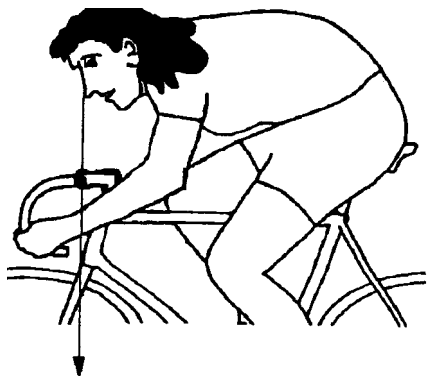
Bike Length and Handlebar Height

While in your "racing" position look straight down towards the ground. You should determine whether you can see the axle of your front wheel. Ideally it will be roughly lined up with your handlebars. If you see it a long way behind your handlebars, your bike is a too long and you may need a shorter stem.

Alternatively if you see the axle a long

Bikes too long or short not only affect comfort, they also affect bike handling and may make it difficult to corner or turn your bike easily.

A good guideline for the height of your handlebars is for them to be around 5 to 10 cm below your seat. Lower handlebars enable you to get out of the wind, however if you are not flexible enough they will place excess strain on your lower back, hips and hamstrings increasing risk of injury and decreasing the power you can put into your pedaling.



Bike Skills

Selecting the correct gear

Most cyclists will have greatest efficiency with a cadence of 80 — 90 revolutions per minute. If you choose a gear that is too easy, you will spin faster, but will most likely lose stability and start bouncing around losing energy that should be used to make you ride faster. Alternatively if you choose a gear that is too large and difficult to push you will start to grind and put excess pressure on your knees. A large gear is like lifting weights each time you turn the crank over meaning your legs are likely to feel stiff and sore before the end of the ride and you will have difficulty running.

To determine if your cadence is right, you can watch other more experienced riders to get an idea of how quickly they turn their legs over. Alternatively you can check your cadence by counting your pedal revolutions over 20 seconds and multiplying it by 3 to determine your revolutions per minute. You will gradually get to feel what is a comfortable cadence and become used to changing your gears to suit the wind and terrain.

Scanning

When riding it is important to be aware of other road users and any hazards. Looking ahead rather than looking down is important so you can check the road ahead is clear, anticipate any upcoming corners or other hazards like a dog running out or a parked car.

It is important to also think of riders who may be following behind or close by. Clearly indicate your intention to change your line (e.g. to avoid a pot hole) by calling out or using hand signals.

Braking

Where possible it is best not to brake hard and suddenly as you risk locking up your back wheel or crashing over the front of your handlebars. Gentle even braking using both front and back brakes is a good habit to practice.

Try setting a mark on the road or path where you want to stop. Gently apply both front and rear brakes and slide back slightly on your seat straightening out your arms. This moves your weight back making the bike more reducing the risk of you tumbling over the front of the handlebars.

Don't forget to get your foot out of the toe straps if you have them before you come to a complete stop.