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VISION NEWS

Welcome to the new vision newsletter

What a race season it has been, vision athletes have had some outstanding achievements and are seriously kicking some butt in the triathlon world. It would be unfair to pick athletes out as all athletes have exceeded themselves in one way or another this season and I'm certain that Coaches Cath and Matt are proud of everyone's individual achievements and the hard work that has been put in to achieving them. Our coaches have also excelled themselves in racing with Cath completing her first Olympic distance triathlon for a few years in a spectacular time of 2:32 and taking out 2nd place and Matt our ironman completing the particularly tough, gale force windy course of challenge Wanaka in spectacular time of 14 hours.

Read the race reports by athletes themselves. From blue green algae in lakes, to beating man flu, to slow drivers, hiccups, magnums, wind, and being locked in the botanic gardens, there's plenty to keep you entertained!

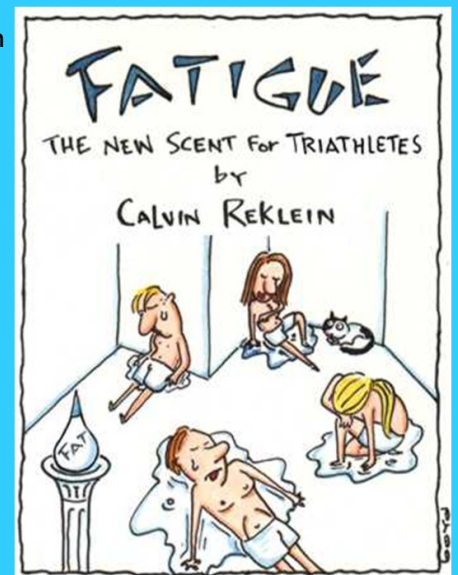
We all know how important nutrition is and you'll find a mouth watering, energy boosting, cockle warming recipe from Bron in recipe of the month. We'd like to start a tried and tested section so it would be great to get peoples feedback on nutritional products they have tested and their verdicts. This could be from energy gels, bars and drinks and has to be honest!

Do you want a lawnmower engine or a high turbo jet engine? Going into the off season and building up base training is often a confusing and difficult time. It goes against out mentality as athletes to gain speed and keep the heart rate elevated. Read more about base training and comments from coach Cath in topic of the month.

Everyone needs a little bit of inspiration and Wayne Bennett's book 'Don't die with the music in you' is just the ticket. His personal philosophy and down to earth, keep it simple attitude make for a refreshing read. Check out the book of the month section for more on this great book.

If you have any comments or anything you would like to add to the newsletter then please let us know.

Thank you to everyone who has contributed to this edition., especially to James who has helped me so much with the technical aspects. Look forward to the next issue!



Blue Green Algae and a blanket of fog

ACT Triathlon – Friday 21st – Sunday 23rd January.

After first competing in this event in 2010 it was on the “to do” list for 2011.

The Nations Capital puts a great event on with a relaxed atmosphere without the hustle and bustle of huge numbers, transport or parking problems and a reasonable start time allowing for Sunday bike racking.

After arriving on Friday I did the usual check that every thing required was packed and started to assemble the bike for a test ride. The excitement and nerves were building as this was my first race in 11 months. On Saturday morning I went out for an easy 40K ride. on safe, wide & bike friendly roads followed by a 10 minute run off the bike.

“The time had come to assemble in our waves and as we did a blanket of fog rolled in over the surface of the lake to add some mystery to the swim”

Our club was well represented with Clare, Helen, James also competing so I was keen to catch up and hang out with them all. Despite seeing these guys most days at training, there is something special about racing away from home, you get to bond with your training buddies that little bit more.. We went out for lunch, walked into the civic centre, then made our way to registration.

Lake Burly Griffins, ahhh what can I say? The usual notorious summer blue green algae bloom threatened to spoil the event! The local radio station did issue warnings of no contact water sports in the lake but the event organisers advised our race location was safe and good to go.

Sunday morning came quickly and I regrouped early with the others and we had a short cycle to the event around the beautiful foreshore, past the National Library to transition, which was in view of the War Memorial, Carillion, and the New and Old Parliament House.

The time had come to assemble in our waves and as we did a blanket of fog rolled in over the surface of the lake just to add some mystery to the swim. Nerves were upon me quickly. In the swim I encountered sighting issues and had to stop to 3 times to clear the goggles and when I finally finished the swim, which took me seemingly forever, I found on exit my legs weren't working too well!!

Racing is driven by adrenalin and no amount of training can prepare you fully for a race and my cramping legs carried me instinctively to transition. I was soon out on the bike doing what I love most, my legs and confidence soon returned as I passed people and felt unstoppable. Back in transition, off the bike, my legs felt wobbly, but once I started running, there was no turning back or stopping it was just forward propulsion. I got my second wind and was inspired to see James, Clare and Helen on course running me down so I soldiered on to the finish line ecstatic that I finished strong. I was back racing!.

After it was all said and done, I found out that my time was not fantastic with a slow swim, good bike (which was 45K in distance) and a reasonable run time. I just wanted to put the experience to good use and improve in my next race. The bug was back and all I could think of was bring on Geelong.

Clare showed fantastic form in all legs. She out swam and ran me to finish ahead of me with a faster time, James as per usual also bettered my times in all legs but I am determined as ever to improve, chase him down and close the gaps. Helen also was in great form and finished strong as well.

Michael Sanguenetti



Lewis shatters the Triathlon record by finishing all three legs at once.

Book of the Month

Wayne Bennett –Don't die with the music in you

This book was recommended to me by Clare and although I am only half way through it I would recommend it to anyone who wants some inspiration in work, training or life in general. His down to earth, 'keep it simple' approach is a breath of fresh air in an era where we are overloaded with contradicting information and advice.

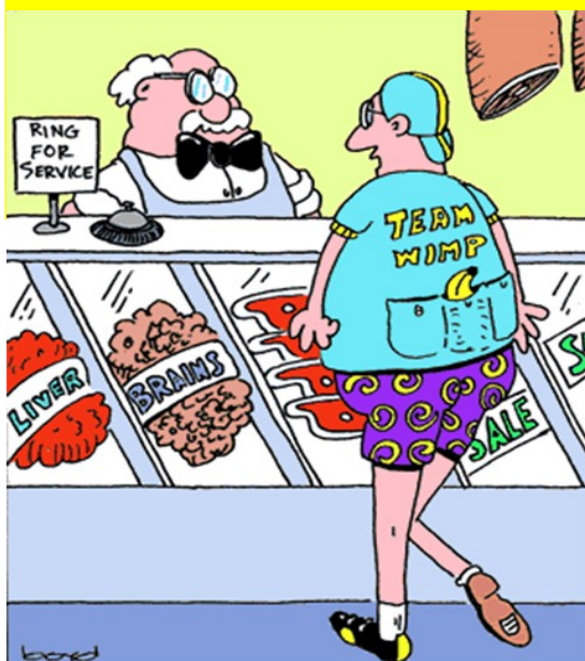
"From time to time, people ask me what mental toughness is. I've heard Wayne Bennett define it as the ability not to give in to yourself. To me, that's exactly what being mentally tough is – not taking the easy option, keeping your concentration focused no matter what's happening around you. If you have a plan and a goal, you've got to stick by it. If you're in a difficult situation or things are going against you, you've got to believe in yourself and what you want to do.

The easy option of course, is to say that its all too hard, to try something different. Trust me, if you want to be mentally tough, do as Wayne Bennett says 'follow your beliefs and don't give in to yourself'

Steve Waugh (Australian Test Cricket Captain) on Wayne Bennett's philosophy.

This book is short and to the point. Its easy reading at its best so give it a crack and let us know what you think.

"To me, that's exactly what mental toughness is—not taking the easy option"



If anyone has any books they would like to recommend then tell us so we can share it with everyone.

"Er, I'd like some guts please."

Brons cockle warming recipe

Quinoa Porridge with cranberries and raisins
- Serves 2

3/4 cup quinoa, rinsed and drained
500 ml water
375ml low cal milk
1/3 cup cranberries
2 tablespoons raisins
1/4 coarsely chopped raisins



1. Combine with quinoa and water in a saucepan and bring it to the boil
2. Reduce the heat to medium low and cook, covered for 10 minutes
3. Stir in 1 cup of the milk and the fruit and nuts
4. Cook, covered for another 10 minutes
5. Stir in remaining milk and serve

How to beat Man Flu

After a long trip down to Geelong, take note flying to Avalon may be closer but lack of a taxi has you stood around. We met up with the rest of the Vision jet setters, the accommodation was spot on, right on the course and a view that wouldn't be beaten for the rest of the season.

So here we are on the Thursday and all is well, Friday starts off with the customary pre race training. Things start to go wrong, I'm still in bed feeling crap (man flu obviously), then Mel gets dropped on the bike and punctures, no one knows where? In the end we all test our bikes out and run legs oh and Mel has practiced blowing a tyre up with her mouth.

Saturday comes around and after getting the bikes ready we head down to line up for transition. Once outside we soon notice the weather is not great. Very strong winds are trying to tear down the freshly erected transition area. Never the less we rack our bikes and head back ready to watch the elites racing for the national sprint championship.

Within a couple of hours the weather is getting worse, inside information (from Cath and Matt) filters through that all racing is cancelled for today and that the water quality is poor thus our race may be cancelled as well. On top of all this my man flu is kicking in with a vengeance so I really don't care at this time for what may or may not be happening. We carry on as if the race is going ahead, a decision will be made in the morning on the swim leg.

Sunday morning arrives with fresh weather, wind dropped, slightly overcast and a possible drop of rain. After fixing up our bikes in transition we stand at the swim start in our wetsuits trying to keep warm. The swim has been given the green light, not by the EPA but the local council in typical Aussie fashion 'you'll be alright'.

My swim start approaches, Michael has already gone, my man flu still in full swing. I stand at the back of the pack wondering if I'll even be able to breath in the water let alone swim. The hooter goes and everyone runs into the water except me I just walk in, the water gets up to waist high and off I go. The first section of the swim is 600m straight out, the water doesn't taste bad but there is a bit of chop. After the first turn buoy I realize I can swim and breath so off I go. Then the next turn buoy and I sight for the next buoy and see everyone else is heading in a different direction. I check three times that I am sighting the correct buoy and then off I go. By taking the most direct route I overtake a lot of my fellow athletes, see you don't need to be the best swimmer just know where your going!

Quickly through T1 and out onto the bike, there was a hill 500m into the bike so had to get the old feet into the shoes quickly. The bike was a good course but exposed to the wind, I felt not too bad given the man flu. I noticed when we



headed out towards the one turnaround point that it was a back wind. I paced myself until this point and then got my cadence up for the run back to T2. I managed to pass a lot of people on the way back, maybe they hadn't taken into account the head wind home? I caught Michael about 3km from the end, I could sense he was trying to stick with me. We headed back in but there was a technical section just before T2 with a fast downhill and turn. I knew I could make some time here on Michael so I flew down the hill and in and out of T2.

The run started with a climb up a footpath and into the park. I took the climb steady and started to get into a rhythm, there were a few u turns in the first 4km so I could see Michael wasn't far behind. The course then took us downhill back along the waters edge and towards the finish area that we had to run past to the last turn around point. At this stage I was running well, no ill effects from the man flu. I ran along side somebody, and behind them to stay out of the wind. The guy

turned out to be in my age group and a local. We had a chat and he told me about one of the footbridges we would run over been made of recycled bottles. When we got to the bridge I was expecting to see old used bottles, but then relished my mistake. At this point there was only 2km to go so I pushed on trying to run down any fellow 35-39 competitor.

With the finish line approaching I picked up the pace just passing some old guy who had passed me earlier, job done. At this point I waited for Michael to come in who was only a few minutes back. We then both cheered the rest of the Vision squad in.

I think everyone had a fantastic race, Helens face said it all on the run, a grin from ear to ear. What I took out of this race was it doesn't matter how you feel on the day, you can push the body/mind through it. This race turned out to be my best of the season and I raced with man flu!

James Anderson—Geelong 20th February 2011

“Oh and Mel has practiced blowing a tyre up with her mouth”

Base training – lawn mower vs. huge turbo charged jet engine

You can either try to race with an engine the size of a lawnmower, or you can build your engine up with a good base so that you are racing with a huge-turbo charged jet engine.

There are many factors that will influence your racing. Nutrition, tapering, speed work, rest, and mindset are some of them. But the biggest physical factor is the base you build in the beginning of the season. A good base period when you develop your body's ability to burn stored fat for fuel is what determines the size of the internal engine that the other things have to work with.

A well-designed base period enables you to take good nutrition, speed work, rest, and positive thoughts and transform them into your best race possible.

The catch is that most people do not have the patience to build a base correctly. The reason is that for the first few weeks or so of your season, you will have to strap on a heart rate monitor and put your ego aside. What the heart rate monitor will signal to you is when you are working out at heart rates that are aerobic (fat burning).

These are in the lower training zones well below your maximum heart rate. The higher heart rates are anaerobic (carbohydrate burning) and shouldn't come until your base has been built. The reason is that the improvement you can get in performance from developing your aerobic fat burning system is huge compared to the improvement in performance you can get from doing the high-end anaerobic carbohydrate burning workouts. And our bodies cannot develop both systems very well at the same time. Which means that to build a base properly, an athlete has to have the patience to work the aerobic system exclusively for a block of time.

In the beginning of the season just about everyone will have lost a lot of their aerobic base, especially if in the season before you did little aerobic and mostly anaerobic training. What this means in your workouts is that you have very little ability to burn fat as a source of fuel for exercise and your heart rate will jump up very high at a relatively slow pace in an attempt to kick your metabolism into carbohydrate burning. And to keep from going over your aerobic limit you will have to slow your pace down, often significantly.

This is where most athletes do not have the patience to stick with the aerobic training. You may have to slow down several minutes per mile from your normal everyday training pace just to keep your heart rate from going above the aerobic maximum. Your perceived effort can be very, very low while you are developing your aerobic engine. And this is when one's patience is tested. Workouts will feel the opposite of the mentality that says training should be painful and muscles need to burn to get benefit. This may be true later during the speed phase of the season. But right now, this is absolutely not correct. You will be getting huge benefit that will show up months down the road.

You now have the secret to building a good base, and more importantly training correctly in the early season to have your best race when it counts!

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Coach Cath's comments

The aim of base phase in my words is like putting money in a bank. I will be aiming to build up each and every ones muscles with mitochondria which is the currency for the muscles – the power houses. The more we have of these in our muscles the more Oxygen the body can utilise efficiently. So basically making the muscles cells so rich that when we start working on speed the athletes can use this 'richness' and spend it on speed.

The longer our training sessions at a lower heart rate means we have a repetitive pumping action of the heart and an uninterrupted flow of blood from the lungs to the heart and from the heart to the muscles. This increases capillary development (mitochondria or the currency), to the muscles and aids in improving the removal of waste products from the muscles as this impedes the proper functioning of the muscles.

So yes, you will get slower and not be working on speed here but the trick is to use your cadence at or above your race pace/preferred cadence, to work the downhill's in running so that you mimic the speed leg turn over without the high heart rate and technique, technique, technique will always improve your speed in the long run (especially if you are now more mentally tougher with the base training).

One other thing though – this phase is using the slow twitch fibres. We also have our fast twitch which are in full use after the race season so you are working now on the slow oxidative ones. However, we must always work on a speed set in amongst our base phases as well as brick sessions as these fibres have a 'don't use it you lose it' mentality. There are also fibres that sit on the fence and we can train them to become fast or slow....so work the endurance but spark it up with short burst of speed in your training



“So basically making the muscle cells so rich that when we start working on speed the athletes can use this richness and spend it on speed”

Slow cars, rolling hills and a little hiccup!

One cloudy, rainy and windy day on Sunday 13th March, five Vision athletes competed in the Victor Harbour Triathlon, South Australia. Before I describe the race I must make mention of the beauty of Victor Harbour. My sister Kirstin and I set off on our South Australian adventure on Friday 11th to fly into Adelaide before driving to Victor Harbour. This was my first trip to Adelaide and one thing quickly became apparent, South Australian driver's attitude to the speed limit is one of absolute caution. The speed limit was only to be reached in times of absolute emergency, 60km/h roads were therefore travelled carefully at 50km/h, and highways are avoided. However, the meandering drive from Adelaide to Victor Harbour was made incredibly pleasant due to the majesty of the landscape. Everywhere we looked there were rolling hills of grape vines, berry farms and quaint little towns. It was truly breathtaking.

“Unfortunately, this perfect start soon suffered a few hiccups. Leaving transition with our bikes proved slightly problematic”

Michael Sanguineti, Helen and James Anderson and I participated in the Olympic distance triathlon and Jen Olson competed in the 5km dash. The swim start was like any other race, athletes of all shapes and sizes bouncing in and out of the water, girls nervously chatting away while others were furiously setting their timing watches. In no time at all and with a quick good-luck hug from Helen, we were both off and racing as all the girls started together. Without over-exaggerating, the Victor Harbour swim course was a triathlete's dream. It was a wetsuit swim (YES!), clear water, no waves to contend with, and only three buoys to sight. All the Vision athletes used these conditions to our advantage and swam incredibly well.

Before long we were dashing to transition, stripping off our wetsuit, and feeling incredibly good about life, as Coach Matt would put it. Unfortunately, this perfect start soon suffered a few hiccups. Leaving transition with our bikes proved slightly problematic, in South Australia your race belt must be worn on the bike leg. However, this rule only became apparent when I was happily dashing out of transition and was stopped by an official. After an embarrassed and confused dart back to transition I was back on the bike course. In the entire 40km of cycling, I highly doubt there would have been 500m of flat road, I kid you not. The course was rather hilly to be frank. Luckily Coach Cath's Jindalee loop training paid dividends on this course and all of the Vision Athletes finished relatively unscathed. As per usual, Mikey and James had a terrific bike leg, and Helen and I weren't too far behind.

Onto the run leg, and I was feeling a little worse for the wear after the hill climbing adventure that Victor Harbour presented. However, by this time unbeknown to us we had climbed our last hill. The run course was DEAD FLAT, it consisted of two 5km laps, that were a maze of streets, twists and turns. I dare say that we all raced our fastest run times of the season on the wonderfully flat Victor Harbour course.

Overall, all the Vision Athletes did extremely well. Mikey came 4th in his age-group with an impressive time of 2:21.31. James came 17th in his extremely competitive age-group with a brilliant time of 2:20.41, Helen came 8th in her age-group and came flying home to complete a time of 2:50.24. I was very happy to see the finish line, and completed the triathlon in 2:28.15, and came 2nd in my age-group. Jen finished her 5km dash in a remarkable time of 24 minutes 25 seconds. The triathlon had a lovely atmosphere about it, the Victor Harbour community were very welcoming and offered us plenty of support on the run-leg.

I was so thankful and privileged to race with the Vision athletes. Mikey, Jen, Helen and James are such wonderful company, and each so inspiring in their own right. Thank-you all for your tips, tricks, support and encouragement throughout our many races this season. The day ended just as I would have hoped, with an early dinner consisting of a delicious gourmet pizza, and asleep by eight. We are looking forward to another great race in Victor Harbour next year.

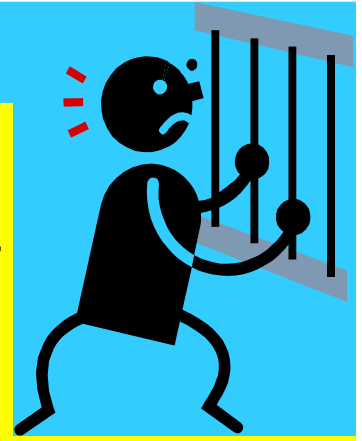
Clare White



Trapped in the Botanic Gardens!!

I do not class myself as a race snob, I love doing races that support local communities and are organized and run by individuals, not huge organizations but when Sydney was advertised I couldn't help but jump up and down with excitement. 'Swim in front of the opera house', 'ride over the harbor bridge', run through the city centre and then sit back, relax and watch the best in the world battle it out.

This iconic setting was sure to result in a spectacular race and it was just that. It would be the last race of a fantastic race season and I could think of no better way to finish. Racing every two weeks for the past few months was beginning to take it's toll. Recover, hard at the weekend, taper. It felt like I was on a conveyer belt and I was getting ready to jump off. Don't get me wrong, it has been my first full race season without injury and for that I am truly grateful and I have loved every minute of racing and travelling with our little travel team (Clare, Mikey, Jen, James and Mel at Geelong). I just know that my mind and body are ready for a little downtime.



“There we were, trapped, looking at transition through the bars of a fence, unable to get out”

Saturday afternoon I was racking my bike in the botanic gardens with views of the bridge and opera house when James came over to tell me that the Brownlees were getting their bikes looked at by the bike mechanic in transition. We are talking about my hero of triathlon Alistair Brownlee, a down to earth Yorkshire lad who won the ITU world championship in 2009 and who I, like many others, watched him push himself to breaking point, staggering for the last few hundred metres to cross the line in London last year as his competitors raced past him. It was heartbreaking to watch but an absolute credit to his sheer determination and perseverance.

I was charging over to the bike mechanic area before James could finish getting his sentence out and we had the privilege of speaking with him and his brother twice. Moments I will remember and treasure for a long time to come.

Race day descended on us and Mikey, James and myself set off for the long walk to transition on Sunday morning. We decided it would be quicker to cut through the botanic gardens rather than walking the few kms round. Like many others we climbed the high gate to get in as it was still locked up. Little did we know that we would get to the other side only to be confronted with an even higher fence that was impossible to scale unless you wanted to impale yourself on one the large spikes that lined the top.

There we were, trapped, looking at transition through the bars of a fence, unable to get out. How would we explain this one? Panic started to set in. We walked and walked to find some way out and by some miracle found an open gate. I've never felt so relieved to get to my bike.

The boys went off to start their race and I sat on the edge of the water and felt unusually calm and ready for the race ahead. The swim was ok, it will never be my favourite leg until I learn to swim properly and feel comfortable in the water but as far as most swims this season, it was a better one. Climbing the big steps back up to transition was technical and slow as the steps very slippery and a couple of people went down in front of me. I hear Jens cheering from the crowd and it always makes me smile, she is a great supporter and nice and loud with it!! No offence Jen!

Getting out on the bike was great and it started really well with some undulations and a lovely downhill, Unfortunately this lasted only a couple of minutes before the tight turn to start the long uphill slog to the bridge and over it. I was cursing that bridge the third time we went over it and as Mikey so perfectly put it 'there was nothing memorable about riding over that bridge'. My bike seemed to have a magnet to every bump, crack and grate in the road (which there were a lot of on the bridge). The course was very technical with lots of turns and corners but thankfully it stayed dry. As James put it 'that course would be carnage in the wet' and we later witnessed it in the men's elite race. I got off my bike to realize I'd done a PB and checked my Garmin (advert plug) for distance, (thinking the distance would be quite short) 39.86km! The pain suddenly felt worth it and now only 10km to go.

The run was undulating with a couple of hills thrown in but mainly in the shade. I would sacrifice a flat course for shade any day. Crowds cheered on the streets and the atmosphere was incredible. I heard James cheering and shouting words of encouragement as I turned the last corner and then that was it, the finish line in sight, months and months of hard work, racing, achievements, disappointments, sweat, tears and plenty of vomits! Crossing that line has never felt so good!

Well done to everyone who raced at Sydney!!

Thank you to coach Cath and coach Matt for the invaluable support, advice, encouragement and inspiration you give to us all.

A **huge thank you** to our travelling team for making every race so much fun and for the experiences we have shared, I really do treasure them. And the support from all the vision club, you're fab!

Helen Anderson

Wind whips up in Wanaka



Breezy Wanaka

It's a love story _ the announcer proclaimed as Ironman Matt and Eva ran arm-in-arm across the finish line at Wanaka. Big grins and tight hugs from Eva were the reward for Matt after a gruelling day battling powerful winds, which saw some athletes blown off their bikes.

"It made Port (Macquarie) look easy" he said.

Challenge Wanaka promotes itself as the world's most scenic long distance race, and this year, 60km plus winds also saw it dubbed one of the toughest.

After escaping Brisbane's floods for a jaunt to New Zealand's south island, Eva, Matt and Mel were excited to be racing in spectacular surrounds.

"Seasoned Kona athletes later described it as the toughest ironman they had raced"

Eva was the first Vision athlete to race., with the draft-legal Contact Trophy race held on a hot Friday afternoon

After a tight multi-lap bike leg, Eva used her speed on the run to quickly move through the field and finish second in her age group.

It was a result which saw Triathlon NZ more than happy to welcome Eva in their age-group team for this year's World Championships.

By early evening, the wind was already picking up on the lake with bunting and flags blown taut as the long distance athletes made their final walks around the course exits and entries. Race morning was cold and windy. The main event kicked off first and Matt encountered a bunched field, not shy about getting physical, in the two-lap swim.

He headed out in windy conditions for a 90-odd km trip down to Cromwell. But it was the turnaround back up to Luggate into a debilitating headwind, that really tested his mettle.

Seasoned Kona athletes later described it as the toughest ironman they had raced. At one stage the lead male was travelling less than 20km/h along the flat.

And at the local airport a grounded Cessna plane was flipped and two others were blown on to their wings.

As he punched through the headwind, Matt sometimes wished he'd crash in a gust so his pain could end.

But of course there was still a marathon to run _ and with seemingly no let up in the wind, he toughed out two laps of a mostly off-road course which runs along Clutha Creek and then back into town. He was smiley but looked spent as Eva joined him for the run down to the finish line.

For my part, well the wind quickly blew away dreams of a PB over the half ironman distance. Instead it became a battle against tears amid the fear of being blown off my bike.

Crossing the dam wall at Lake Hawea I was blown across the other side of the road, with no idea if there was some special riding technique I should know about for such conditions.

It was so much harder than my previous half at Yeppoon and all I could think is Matt is doing twice this _ I must be able to keep going.

And in Vision spirit, we both did.

But gosh it was nice when it was over.



Wanaka Ironman
Matt Bury: 14:19:50

Lake Wanaka Half
Mel Ketchell: 6:35:16

Contact Trophy Sprint
Eva Bury: 1:14:02 (second place)

Mel Ketchell

A Magnum Affair



Mooloolaba - a culmination of 5 months of training, planning, preparing and training!

Many athletes arrive at Mooloolaba to take advantage of the whole festival of events, as well as beating the Saturday crowds and picking up my race pack (good tip Helen!) Friday afternoon had the 5km twilight run and was also a chance for the Vision crew to meet up for a brief run/swim session - getting used to the area and conditions.

Saturday morning had the cool kidz triathlon down at the Marina, well supported by Vision athletes including Carly Thirkill.

Saturday morning was also a chance to rack our bikes, walk through the transition area and get some key tips from James about removing all non necessary items, taping/bagging the bike and deflating the tyres so they didn't pop overnight! Saturday afternoon was a chance to catch up with the other Vision athletes under our fantastically placed tents along the run course while watching the Open Men's race.

Then Sunday morning dawned, - well that's a fib, the sun wasn't even up yet! I quickly headed down the street to transition, to finish setting up my bike and give it the final once over that everything was in it's place. Bike was racked, towel down, socks, shoes, visor, race belt, and not forgetting the all important fluids and gels. It was so hard to believe that all the hard work had come down to the next few hours.

I was lucky/unlucky enough to have a later wave start, so I had time to get back to the unit, have some brekkie, pick up my long suffering husband and head back down to the start line to watch the start of the open male / females and the Oceania Cup. The "regular" people started to emerge after them - it was almost a relief to see the pain etched on their faces - it was going to be my turn very soon!

It was also very powerful and empowering to see Bill Chaffey assisted out of the water by Dan R and Josh - Bill is a parathlete and he hasn't let it stop him in achieving amazing results and times in triathlon - with only one fully functioning leg he puts many fully abled athletes to shame!

Ok, time to start procrastinating... to the start line! The distance I was going to be swimming back to the swim exit was getting longer and longer. Although I was nervous, I was calm about the situation. The time had come. I had put in the effort. I had pictured my ideal race in my mind. I WAS going to finish the race.

A quick paddle in the water and a chat to Clare and then it was time to start. I had positioned myself towards the back of the pack, knowing that I am not a strong swimmer so there was no point getting kicked around up the front. BANG - time to go! I sighted the first buoy and started to swim, inhaling some water within a few breaths - bugger, hopefully that wasn't going to happen the whole time. The weather conditions were fairly well ideal for the swim - some breeze, but none of the white capped waves I had been having nightmares about. I just concentrated on my stroke, my breathing and getting to the next marker buoy. I was overtaken by a wave or two, and only copped one severe kick to the head. But I just kept on swimming. It was with much excitement that I turned the final can and headed back into the beach, keeping in mind my pre-race chat with Cath about using the current to my advantage and putting me out at the right spot.

God I was so happy to get out of the water! My traditional first tri goal had been achieved - not the last person in my wave out of the water! I checked my watch and thought I was hallucinating or my watch had stopped - 37 minute swim - incredible!

Then up into transition, grabbed my helmet, grabbed my bike and headed out. This is where's James's invaluable advice about knowing your transition area really paid off, especially about lifting up your bike over the steep curb instead of bumping it over and potentially loosing your chain. Second tri goal achieved - a good bike mount!

And then onto the bike. A hint from Sam really helped me here - she had told me about some steep rises during the initial phase of the bike, so I approached these with caution, and even though people were flying past me on the hills I was happily overtaking them on the flats! The race course is an out and back and after the initial hills it's mostly flat/ small rises. It was great to see so many cyclists out on the roads, from the professionals on their carbon bikes and race wheels, to mums on their malvern stars and even a radio announcer on a low-rider! And of course not to mention all the vision athletes I saw along the way - Juanita, Gillian, Mel, Greg, Dan, Jack and Clare.

A tailwind heading out on the bike really helped me along, but once I hit the turnaround it switched to a headwind and my bike speeds were seriously affected, even though I was pedaling just as hard, if not harder!

Heading back onto the main street and being surrounded by competitors and supporters was so exciting. Back into transition for a quick bike rack, find those socks (one had flown away!), get the shoes on and carry the visor and race belt with me to put on as I got moving. By this stage I was sitting at around 2:10 - I was going to have to revise my previous completion time of 3:30 - and quick!

The run course was very familiar to me, thanks to our training camp only a few weeks before. Familiarity really does decrease anxiety and improve confidence. My legs started off heavy and slow and I had initial concerns that I had gone too hard in the ride - but by the time I was heading past the vision tent I was making my legs move faster and into my usual running pace. Down to 6th avenue and back up - so great to give pained smiles and cheers to the Vision crew on the run course. At the turn I told Josh to get me my magnum (my reward I had set myself when I started tri training all those months ago) cause I was coming home. Then back down to 6th avenue for the final time. I used the water stations to cool myself down, which probably wasn't necessary since the heavens had decided to open and the sky was pouring down with rain.

By this stage everything was starting to hurt, my feet, my legs, my arms, my whole body. I started remembering things that Cath had said - about focusing on your goals, about being long, lean and strong. Even though everything was screaming at me to stop, I kept moving more, that final hill I was "pulling the rope" and by the time I passed the vision tent for the last time I felt like I was flying - everyone's cheers and claps certainly helped me move. As I saw the finish line, I couldn't believe it - I had finished an Olympic Distance Tri! And in a time of 2:56:57 - blowing away all my previously conceived times

All my work and achievements wouldn't have been possible without Cath and the mighty Vision Squad - thanks to everyone for your cheers, support, hints, tips and kicks up the butt when I had needed them.

Onto Mooloolaba 2012

Bronwyn Jennings

Fun times!

Join us for a burger the first Thursday night of every month. Its very casual Grill'd do the best burger and chips!! A nice healthy dinner after a tough swim session!!

Clare was trying to organize an end of season social so will get the details up when it's all organized!



Birthdays!

Let us know when your birthday is so we can wish you a big vision happy birthday!!!

Next Issue

Taking the longer road! Reports from the longer distance athletes on what it's like to go that extra mile and why they do it!

**You know you're a triathlete when.....
Everyone will relate to something in this hilarious list!**

Off season events - Races that will keep you ticking over in the off season!

Plus heaps more so grab a bottle of Gatorade, kick those stinky run shoes off and prepare for a good read!

We also need a name for the newsletter, something fun and catchy. There's a prize for anyone who can come up with the best name!



Tips for getting ahead in the swim!!