



SURFERS PARADISE  
TRIATHLON  
SPONSORS



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## From the President's Desk

Welcome club members, sponsors and supporters to the 2010 - 2011 triathlon season.

The popularity of triathlon continues to grow with many events selling out in a matter of hours, highlighting the need to plan your season and events well in advance.

Over the next couple of months we would expect to see larger group numbers at Coach Jenny's trainings as all

prepare for race time. Compete hard everybody - "empty the tank" in all races and you will have a great season.

Could I remind everyone of the benefits of both Club and Triathlon Queensland memberships. Personal Accident Insurance while training is just one. The full list of benefits is available on their website [www.triathlonqld.com.au](http://www.triathlonqld.com.au)

You also need to be a TQ member to accumulate points

for the Club, to help us retain our position as the No1 Club in Queensland.

Thankyou to all members who contribute to the efficient running of the club on a daily basis. The new website is not far off being launched and going live, and the new uniforms are due very soon. We're under way - best of luck to everyone this season, represent the Club proudly !!!

Train and race safe and hard!!!

Regards

Chris

## UP-COMING EVENTS

(\*\*=Point-Scoring Events)

[05-July-10 Applications Close for Triathlon Queensland Development Squad](#)

To Enter log on [www.triathlonqld.com.au](http://www.triathlonqld.com.au)

[17-Jul-10 TQ Bike Skills Clinic Runaway Bay](#)

To Enter log on to [www.triathlonqld.com.au](http://www.triathlonqld.com.au)

[:\\*\\*01-Aug-10 - Triathlon Queensland Series Duathlon Championships - Gatton Grunt 2010](#)

To Enter log on to [www.triathlonqld.com.au](http://www.triathlonqld.com.au)

Registrations Close: 6pm July 27th

[:\\*\\*15-Aug-10 - TQ Series Long Course Championships - Capricorn Resort Half Ironman](#)

SOLD OUT

[16-Aug-10 TQDS Applications close for juniors wishing to trial for JETS/METROS squads](#)

Contact Peter Ledwidge  
3369 9600

[:\\*\\*03 October 2010 Gold Coast Half Ironman Triathlon](#)

To Enter log on to: [www.usmevents.com.au](http://www.usmevents.com.au)

Entries close Sep 24, early entries receive \$10 discount per month

[\\*\\*October 17th, Gatorade Qld Tri Series Race 1 Raby Bay](#)

To Enter log on to USM events

Entries open 31st August  
[31 October-10 Port Macquarie Half ironman](#)

To Enter log on to: [www.porthalfironman.com/?page=raceentry](http://www.porthalfironman.com/?page=raceentry)

Registrations close midnight October 17. Earlybird discount applies until Aug 31.

[26-September 2010 Kingscliff Tri and Multi Sports](#)

Entries now open. Log on to [qsmevents.com.au](http://qsmevents.com.au)

## In This Issue

The Thoracic Spine—  
Why you need to keep it loose

Nutrition—Get the Basics Right First

## Jen's News

The Surfers Paradise Tri Club is well into its winter base training program. The training squad has been focusing on running technique, running base, cycling base through spinning, and cycle technique and group time trial skills on the bike. Swimming has taken a back seat for most....so please be advised that Wednesday night swimming as well as Monday starts from the 7<sup>th</sup> July. It's time to get back into the pool!

Wed arvo running skills program is now complete for this cycle. We had an amazing core group that attended this program .....Fantastic results from those consistent participants for some big improvements in technique and running efficiency.

Special mention is to be made of our Silver Sponsor "Back into Motion". Many of the squad members are getting through their "Triathlon screenings" and receiving the benefits of the professional services of Brad and the team at "Back into Motion".

We are once again very fortunate to have "Barchino" back on board as our Bronze sponsor and we look forward to future functions at Barchino. Don't forget to try out Tuesday night & Wednesday night \$20 main meal special.....a great mid week opportunity to get out of the house!!

The club has also been very privileged to have "Gold Coast Design studio" come on board as our Website design team. Our new website should be up and running in the next few weeks.

Lots of new things happening with the club.....a new look club uniform is in the making and very soon all will be divulged. Our club tent will have its new sponsors on it and we will also be purchasing new club banners for "at the races" and at Miami Pool.

The triathlon program is starting to hot up with the State Duathlon Champs and Yeppoon, the first of the Club point scoring races in July and August. World Champs are only 8 weeks away for those heading to Budapest. Good luck to Pam and the Quinn Family as they prepare for their World Champs trip! All eyes will be on our Life member Emma Snowsill on her come-back trail after injury. So far she has made amazing progress winning the prestigious Hi Ve race a few weeks ago and picking up \$200,000 US\$ prize money. Good luck to our "Young Guns" Ashleigh Gentle and Drew Viles!!! Drew in his first Junior Elite World Champs and Ashleigh heading towards her 4<sup>th</sup> World Champs.

The Kids triathlon program is nearing its recommencement for the season on Wednesday afternoons! Keep an eye open for the start date announcement. Junior and Junior Elite program time trials are scheduled for the end of August.....refer to the Event Calendar in the Newsletter and the training squad for 1/2 Ironman and Ironman will begin to become more formalized in the coming weeks.

Finally I'd like to thank the club's amazing team of diligent committee members and hard workers that have helped me over the last 6 months with the continued growth of the club. Without you the club would not continue to expand, strengthen and move forward. Thank you Shar, Belinda, Michelle, Trish, Margot, Rhonda, Cheryl and Chris for your commitment and support to the running and well being of the Surfers Paradise Triathlon Club.

Jen

### ADVERTISEMENT



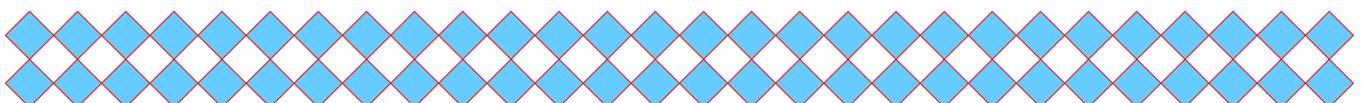
#### **JULY SPECIAL SPTC MEMBERS:**

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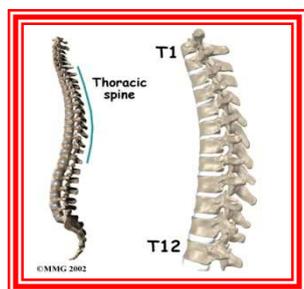
## *Swim Faster and Loosen Neck Tension on the Bike*

*By Brad Beer*

Triathlon is a demanding sport that places many stresses on the body. As athletes we tend to be either someone who is very 'tight & stiff' or someone who is very 'mobile and flexible'. Due to the **high repetition of movements** that occur with triathlon's swim, bike, and running the vast majority (if not all) of triathletes tend to be the 'stiff & tight' types!

The most deleterious stiffness/tightness pattern that I have seen to be consistent with every triathlete is that of the **thoracic spine**. The thoracic spine is the mid-section of the spine (ie it separates the neck and lower back). This spinal region is comprised of 12 vertebrae (T1-T12) that naturally produce a convex curve forwards (kyphosis). As triathletes this region of the spine is prone to becoming **even stiffer than the normal population** due to the **prolonged periods of time** spent in a forwards slumped position on the **bike**.

When the hours on the bike are coupled with our daily activities such as long hours at a computer, or time spent driving, we have a **perfect recipe for 'pathological' thoracic spine stiffness**.



What do I mean by pathological? Simply put stiffness beyond a normal and acceptable level inevitably (with time and the repetition of training loads) results in :

**Neck strain/tension** (yes the type that you feel as though you just need a good neck massage after a long ride).

**Excessive loading of the lower back structures** (eg lumbar discs, joints, nerve roots)

**Poor shoulder posturing** (ie the shoulders will round more around the rib-cage with greater thoracic spine stiffness) which with time will have a very high likelihood of developing into **shoulder impingement**.

**Poor posture** (yes the stiffer you are the more rounded your shoulders become!)

### **How do You Know if you are stiff?**

This is easy: if you get regular neck tension in the 'upper traps' (the muscles that join head to shoulders) or you find it difficult to swim with high elbows than it's a certainty that you are stiff in your thoracic spine. In the consulting room as physios we conduct a **measured thoracic spine extension test** (lay on tummy and lift hands/arms to ceiling in a streamlined position whilst head stays on the table/floor. The **Australian Institute of Sport** recommend a **minimal acceptable score of '0degs'** ie the arms are in line with the trunk.

However greater than 95% of people we test as physios score in the 'negatives' ranging from -30degs to just below 0 degs. To put things in perspective the elite pool swimmers (eg Grant Hackett) score positive 30degs! It is very true that the **greater your score the faster swimmer you will be**. I recommend that triathletes should aim for 0-10degs positive to allow for an effective swimming stroke and reduce neck strain on the bike.

### **How Do I improve my thoracic spine mobility and decrease the stiffness?**

Reducing thoracic spine stiffness can be achieved by (ideally a combination of the below):

Daily stretching over a pilates half foam roller (as shown below). This needs to be held for 5-10mins minimum and is best performed at the end of the day.

There is no comparable substitute for the pilates foam rollers (towels, noodles etc whilst having some effect are not as effective).

The rollers retail at \$22.00 and would be one of the wisest purchases you could to better your training.

Regular yoga (some yoga asanas or poses target the thoracic spine really well!).

Physiotherapy treatment: manual (hands on) techniques include joint mobilizations, manipulation, acupuncture and soft tissue remedial massage, trigger point releases.



Place roller between shoulder blades, bend up knees, hands over head if no shoulder pain is felt.

Time frames to improve your thoracic spine mobility are determined largely by how long you have been 'stiff' for. Obviously the longer you have been stiff the longer it will take to improve and the more consistent you will need to be with the above 3 methods of improving your mobility. Unfortunately some people have been stiff for so long (we get progressively stiffer as we age) that there is a 'ceiling' of how much improvement they will make. As physios we always aim to get people to 0degs however in the aforementioned case of a chron

ically stiff person expectations can be modified.

### **Take heed middle aged female triathletes**

It's important to also note that rounding in the thoracic spine area can also be contributed to by genetics (eg wedge shaped vertebrae bodies that make the spine more curved) and by osteoporotic crush fractures. As up to 80% of osteoporotic crush fractures of the spine can be pain free many women are not aware that they have osteoporosis. If your physio suspected this as a contributing factor for your thoracic spine stiffness a plain film (bulk-billed) xray will ascertain if any crush fractures are

present or not.

If you are curious as to whether or not you are ‘pathologically stiff’ in this area of your spine or you simply want to swim faster and get rid of the neck tension you feel on the bike/at work pop in for your FREE triathlon screening (comprises 10 test that will pin-point any problem areas including the testing of your thoracic spine).

Train smart and stay safe and keep up the great work guys!

Go and do a PB!

Brad Beer

Senior Physio Back In Motion Mermaid Waters

Ps. For those who missed the June Running Workshop we will re-run the workshop on Thursday the 29<sup>th</sup> July. Register for this FREE and informative workshop by email: [b.beer@backinmoton.com.au](mailto:b.beer@backinmoton.com.au) at 7pm.

IBrad Beer is Senior Physio at Back In Motion Mermaid Waters, Incorporating *My Back’s Physio*



October 2009 : Trades Professions & Services category.

## Nutrition - Back to Basics

By Kelley Bright

At the moment in training we are focusing on building a solid endurance foundation prior to increasing speed and technique. Good sports nutrition is exactly the same. A healthy balanced diet is the foundation of any Sports Nutrition Plan. . Heating and drinking practices are the foundation of optimal nutrition and cannot be replaced by a sports drink, protein powder or vitamin tablet.

So what is a healthy balanced diet?

**Eat a variety of foods from each of the 5 food groups every day.** Within each of the five food groups, different foods provide more of some nutrients than others. Below is a chart with the recommended serves of each food group. Keep a food diary for 1 week and see if you are meeting all of the recommended serves.

Food Group	1 Serve size example	Recommended serves per day
Breads and cereals	2 slices bread 1 cup cooked rice, pasta, noodles 1 cup breakfast cereal	3-6 per day
Vegetables	½ cup cooked vegetables 1 cup salad vegetables	5 per day
fruit	1 medium piece fruit ¼ cup dried fruit	2 serves
Dairy	1 cup milk 40g cheese 200g yoghurt	3 serves
Meat	100g cooked meat, chicken ½ cup cooked beans, lentils 2 small eggs	1-2 serves

“Healthy eating and drinking practices are the foundation of optimal nutrition and cannot be replaced by a sports drink, protein powder or vitamin tablet”.

**Planned and Regular Meals** -Spread your food intake out over the day. This will maintain your energy levels, allow for repair and recovery of muscle tissue and prevent the trap making poor food choices if hungry and unprepared. Don’t skip breakfast and then overeat latter in the day. Skipping a meal is like skipping a training session

**.Limit Junk Food and soft drinks** - These foods contain “empty calories” in that they provide you with minimal vitamins, minerals and other essential nutrients that the training body needs. These foods are fine occasionally but when eaten on a daily basis will definitely compromise your performance.

**Drink plenty of water** - Good hydration is one of the most important nutrition priorities for athletes. Each day we need to replace about 2 liters of fluid to balance general body losses – even before sweat losses during training are taken into account. Keep in mind that thirst is not a good indicator of fluid loss.By the time you feel thirsty your body is already dehydrated.

Good Sports Nutrition is not rocket science and it is easy to get caught up in the enormous range of specialized sports nutrition products promising to give you the edge. Remember that they will have little to no long term effect if the fundamental base is not in place first.

**Next Issue: Carbohydrates – How much and How often?**



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## BIRTHDAYS

## JULY

1st Shar Dalziel  
 4th Neil Soden  
 5th Kate Walker  
 8th Lisa Porter  
 9th Bill Moar  
 16th Sophie Walker  
 17th Kylie  
     Thompson  
 27th Lorrie Bishop  
 30th Kellie  
 McQuaid

## AUGUST

3rd Matthew Quin  
 10th Brittany  
     Forster  
 21st Richard  
     Petherbridge  
 22nd Rhonda  
     Darben  
 31st Alex Samuels

## SOCIAL EVENTS

Our Annual General Meeting will be held on the weekend of either the 21/22nd or 28/29th of August.

Committee members will be elected for the 2010/2011 year. Speak to Jenny or Chris if you would like to nominate for any position.

This is also the day the annual awards are presented. Dozens of trophies are awarded to both junior and age group athletes.

It's usually a great social event so bring the family and let's all celebrate together. Mark these dates in your diary and stay tuned!!!!

## MEMBER OF THE MONTH

## BRITTANY FORSTER

AGE:15

YEARS IN TRIATHLON: 3

BEST RACE EXPERIENCE:

Coming 5th at the under 19 at Sandringham

WORST RACE EXPERIENCE:

The nationals at Canberra this year. I came out of the water 1st and had a minutes lead on the bike. My 2 main threats had been busted for drafting so I was feeling great. Then I heard a hissing noise. Puncture. I didn't finish.

GOALS :

This year I want to qualify for the QAS Metro team.

