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new



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Daniel O'Rourke takes it like a man in the Epic, Toowoomba



Latest News - September 2007

Springtime downunder means the countdown to racing is on. The Yeppoon half Ironman and Coral Coast Triathlon in Cairns have been on in recent weeks and with the season proper just around the corner, the athletes that went around at those events have got a bit of a start on the masses. At the beginning of this month the ITU held the Triathlon World Championships in Hamburg, Germany with MSC having 6 athletes toeing the start line.

With the season nearly here, it's not too late to get yourself ready for the summer -so get out and pick your early season events and work towards the goals you have decided on. Commit and make the 2008 season your best ever!



Train smart to race hard!

Nick

Off Season Clinics @ Noosa

Noosa Triathletes Clinic # 2

Mental Preparation for Triathletes - with Lisa Trotter

The next Tri Club seminar is to be held next week on Tuesday 11 September. Sports Psychologist Lisa Trotter will be presenting "Mental preparation for triathletes" at the Noosa SLSC Training room down stairs - between 7-8pm with Question time following. Cost is \$5 for Noosa Club members or \$10 for non members.



swim



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RACE COUNTDOWN

03 March - Ironman New Zealand

Tewantin
at 11:00 Fri
26.8°C NNE 26km/h
[Click here for more](#)
weather zone

Bookings essential. Currently we have 25 names confirmed. Our first clinic with Physio Ian Seels was excellent with 20 in attendance.

To book or make inquiries contact - Nick Croft on 0407 136 215 or nickcroft@bigpond.com

Coral Coast Tri *(Cairns Pier Sports Festival 2007)*

A few weeks back I went to my third edition of the Cairns Sports fest as race commentator. Having won the event twice in the 90's I have been fortunate to be invited as part of the races Triathlon Legends package of each year having up to 12 of the guy's and girls who where at the top end of the sport through the 80's and 90's. Brad Beven - (no intro needed), Troy Fidler - (3 time aussie champ), Joanne King (1998 World Champion), Greg Stewart (3rd 1987 Hawaii Ironman) were but a few of the 'old timers' who come to race this event now in it's 26th year which makes it Australia's oldest running event (coming in just in front of the Nepean Tri in Penrith - turning 26 in December and the Noosa tri at 25 years this year).

The tri is just but one of many events which include an ocean swim, kids tri, beach volley ball, bike criteriums and fun run. An event which has not yet caught the imagination of the masses but surely goes down as a great way to start the season in magic spring sunshine in on of the Norths best locations. Next year MSC hopes to work in with the race organiser to possibly run a pre event training camp in the week leading into and certainly work on bringing a few more squad members along to enjoy a great event and all Cairns has to offer with some R and R before and after the serious stuff.



Latest Squad Results

Noosa Half Marathon Festival - August 19

21.1km

Danenstein O'Rourke 1.19.40

Jess Fleming 1.32.48

Peter Fry 1.46.58

Angelika Hannon 2.11.40

10km

Brian Barr 40.47 - 4th 50-59

David Coulter 44.53 - 3rd 60-69

Sean MacPhee 39.39 - 5th 15-17 boys

Neil MacPhee 43.27

Hanah Martoo 41.40 - 1st 15-17 girls

5km

Robin Bennett - 1st overall female 20.03

Brian Hannon - 29.43

Veridian Vertical

2nd female Robin

3rd female Hannah

Rydges Yeppoon Half Ironman (1.9/90/21.1) August 19

Matt O'Neill - 4.33.37 PB 20minutes
Alan Moustoukas 4.48.40
Doug Griffiths 4.55.56 - Best time in Oz half!
Carl Schmidt 6.03.47
Peter Degnian 6.24.20 PB 15minutes
Emma Griffiths 6.53.11

Tri QLD Duathlon Gold Coast (Enduro format) - Aug 19

Nicola Gregory 1.18.12 1st 30-35 female
Jeff Barker 1.18.32 2nd 45-49 male

Coral Coast Tri (1.5/40/10) - Cairns 26 August

Alan Moustoukas - 1st male 45-49

Epic MTB Toowoomba 26 August

Peter Degnian 50km epic 4.45.07

Naomi 2nd elite female 100km 5.51.22
Danenstein O'Rourke 100km - 6.34

Jas - double epic 100km x 2 ouch!
(On the Sat and Sun - 15.44)

'Angry Doctor' 100km MTB 2 September

Naomi Hansen 1st

Triathlon World Championships - Hamburg Germany 2 September

An 800m run to T1 and windy bike leg saw the Worlds best age groupers do battle last weekend in Hamburg Germany. MSC had the 6 on the start line with results below.

Brian Barr 2.18.47 - 2nd 60-64
Nicola Gregory 2.28.50 - 30-34 female
Kim Fabian (Canada) 2.33.56 - 35-39 female
David Coulter 2.40.43 - 60-64 male
Jeff Barker 2.42.05 - 45-49 male

Mark Preston 1.12.59 - 3rd 50-54 (sprint)

Triathlon QLD Long Course Duathlon Pimpama 2 Sept

Tom Mewing 2.13.58

Jeff Toohey - wins world 24hr in 30-34 age group - places 3rd outright!!

Our running squad MTB dynamo Jeff Toohey last weekend raced the 24hr World MTB championships in California USA. A tough 22km circuit with approx 850m of ascent per lap along with stifting

unseasonable heat was part of the challenge - not to mention riding a MTB for 24hrs! Jeff managed 18 laps of this and won his age group by 3 full laps and overall placed 3rd - even amongst the pro's!! - what an effort - well done from all here at MSC and enjoy your well deserved holiday mate Check out www.24hoursofadrenalin.com for more info.

Up Coming Events for MSC squad and program athletes

Gold Coast Half Ironman - September 30

Leonie Pedrazzini, Jessica Fleming, Steve Buth, Peter Degnian, Andrew Partington

Hawaii Ironman Triathlon World Championships October 6

Brian Barr

Noosa Triathlon November 4

Hazel Lyons, Sean Macphee, Neil Macphee, Maddie Batholomew, Geoff Bartholomew, Jess Fleming, Nicola Gregory, Jeff Barker, David Coulter, Steve Buth, Matt O'Niell, Jon MacLachlan, Barbara Brady, Nerissa Stafford, Justin Hunter, Karen Artis, Peter Fry, Annie Jennings' Marc Withnall

Greece Marathon November

Bill Skoufis

INCREASE YOUR STRIDE RATE

Speed is a numbers game.

Are you taking the appropriate steps? By Ed Eyestone

Once, after a less-than- memorable junior high race, my dad said, "It looked like you spent a little too much time in one place." Dad hit the nail on the head: To run faster, you need to minimize your time in one place. That is, you need to move forward as effectively and efficiently as possible. And the two determining factors for forward momentum in running are stride length and stride rate.

When you go from jogging to race pace, your stride length naturally increases as you generate more power. Yet despite increasing your stride length nearly twofold, your stride rate--or how frequently you take each step--remains pretty constant. That's because stride patterns are hardwired into your natural biomechanics.

But with the right training, you can develop a faster stride rate, which leads to faster times. Increasing your stride frequency will also lessen your vertical bounce, because the quicker steps force your body to stay closer to the ground. This lighter touchdown not only makes you faster but will also reduce impact, which is a major cause of running injuries.

The Magic Number

Researchers have determined that most elite distance runners have a

stride rate of about 180 strides per minute. A quick perusal of my running video library revealed that an NCAA steeplechase champion, two NCAA cross-country champions, two Olympic marathoners, and a world record 10,000-meter runner all clocked between 178 and 184 strides per minute. And back in January, when Ryan Hall set the new U.S. half-marathon record in Houston (59:43), he did so while averaging 182 steps per minute, according to video clips.

To check your stride rate, go out for a run. Get into your natural running rhythm, then time yourself for 60 seconds as you count your strides. For ease, simply count each time your right (or left) foot hits the ground, then multiply by two.

If your stride rate falls below 180, join the club. Although my stride rate during the 1992 Olympic Marathon Trials was 182 (I counted while watching a tape), my stride rate on a few recent runs was more like 160. To boost your stride rate, focus on your cadence during one easy run per week. Stay relaxed and try to glide over the ground. Also, pump your arms a little faster and your legs will follow. Check your stride rate a few times throughout the run to see if you can maintain the increased turnover. In addition, try the downhill strides workout in the box at left, because a slight downhill slope makes it easier to turn your legs over and will teach you what a faster stride rate feels like.

The Workout

To learn what a faster stride rate feels like, try some downhill strides once a week. Your ultimate goal is 180 strides per minute, no matter your pace.

Find a very gentle downhill on grass or even dirt that is 50 to 100 meters long.

Run 3 to 4 easy km to warm up.

Begin at the top of the slight slope and allow gravity to ease you into a controlled acceleration as you descend. The downhill naturally helps you increase your turnover. Jog back to the starting point.

Try four to six downhill strides. Cool down with a couple of easy k's.

DESCENTE



coolum cycles