

NEWS FROM THE BARRACUDA



Issue 14

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- Singapore 70.3, by Robyn Hartley
- Race reports from the London and Paris marathons
- Introducing Horizon Physiotherapy

President's report

Welcome back to the STC newsletter folks as we close the book on another year of triathlon. I am sure that everyone has a story to tell from the last 12 months about how hard it was to lose the winter fat, the PB you set at a race or the size of the hangover after a club function. Whatever it was, I am glad you enjoyed it.

The club had a very successful year, taking out the Rob Pickard Trophy at Club Championships in December. There was no stopping us from there with plenty of STC athletes topping the podium at any race you ventured out to. Add in there some success at races interstate or overseas (enjoy the Singapore race report in this issue) where we had numerous athletes qualify for World Championships and you have got something significant to celebrate. If all that wasn't enough we managed to put on the best new race in the country with the re-casting of KVT as a long course event in March. Then, just to top it all off we picked up the gong for Champion Club at the TWA Awards and held the grandest Gala event of all to celebrate our 20 (or 21) years in existence.

Looking back over the year it has been one of our busiest yet but the sheer enjoyment of all our members and the camaraderie you see at training and races rewards all the time and effort put in. If you haven't already started training again, enjoy the rest of your time relaxing and I look forward to seeing you all again out there soon.

On a personal note, I have decided not to nominate for President for season 2011/2012. I have had magnificent time in the role for the past 4 years and would like to thank everyone who contributed to the growth and development of the club.

Stadium Triathlon Club 20th Anniversary Celebrations

Congratulations to our award winners!

Male Triathlete of the Year: Gavin Mackay
Female Triathlete of the Year: Kylie Pepper
Presidents Award: Paul Zani
Coaches Award: Justine Bolton
Novice Triathlete of the Year: Mark Robson
Most Improved Athlete: Libby Storm
Mr Nice Guy: Steve Pugh
I Want to go Faster: Nicole Annon
Media Tart: Ben Wyatt
Bimbo Award: Corin Leckie

More goss and photos to come in the following edition...



Award winners Nicole Annon and Ben Wyatt

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COACHES CORNER with Rob Suriano

Just an update on the happenings on the coaching front for STC. Our aim is to have 1 coach for every 50 athletes. This was all fine until we passed the 400 members mark this year, so possibly time for some more recruitment!!

Your current coaching staff are Rob Suriano, Mike Gee, Mark Lawson, Mikey Gee, Pip Simpkins, Shaun Sleep, Anna Macfarlane and Christi Phipson (you'll notice us as we have the blue shirts on!!).

You can be assured that all STC coaches are current accredited coaches with Triathlon Australia, cover appropriate coaching insurance and are all First aid and CPR trained. (Ed note: then again, if you do ever crash or come to grief, you are bound to be a with a Dr or one of our emergency response team – there never seems to be one too far away. Maybe we could start our own show “STC Emergency Response” – Annie, I can picture you rappelling from a 50m cliff into a raging ocean) But, I digress (for a change).

Anyway, every newsletter we thought we would introduce one of our coaches, so here goes with our first.

Anna Macfarlane completed her Level 1 coaching accreditation, in 2009 and has been assisting with the last few Novice Courses and more recently with our first Trystar program

STC: you have been involved with STC for about 18 months now. Do you enjoy being part of the club or do you think that we are a pathetic bunch of wannabe athletes who have no lives?

I love being part of this club and the athleticism of its members. Pathetic is 'NOT getting up and going to training sessions even when you went to bed early to get up for training because you have no life.' Pathetic also describes my running pace.

STC: Good answer! (the first part, not the last sentence)

STC: What is your favourite leg (and who does it belong to?) to either compete in and / or coach.

When competing, oddly enough running coz I get such a feeling of accomplishment when I've done it. It was the reason I got into triathlons in the first place- I wanted to learn how to run and enjoy it. I am now an accomplished 'jogger' and the enjoyment level varies. Swimming is great to coach because you can really see the improvement in your athletes. I love swimming but had so many bad habits. I heed every bit of feedback that I get at training and pass on tips to all the swimmers that I coach. I believe a satisfying swim can set you up for the rest of a race- it doesn't have to be record breaking but it can put you in a really positive frame of mind.

STC: Although you have only recently begun triathlon coaching, you have a wide background in the health and fitness industry. Can you provide a brief run down on your past and / or current experience.

I've been a surf and yoga kinda girl for years but went into personal training to promote the health and lifestyle that quality exercise and 'good' eating habits offers us (does that make sense?). I have run a fitness/ circuit group at the local primary school since 2008 and did the triathlon coaching course because some of my clients wanted to know more about training for the women's triathlon-(I had done some enticers and sprints but generally trained by myself). Triathlons also gave me something to do in the summer coz there's not a lot of swell (Surf)

Coaching and personal training is about sharing knowledge and working out what is best for the individual although I fully reap the benefits of training in a group and since joining Stadium make the effort to get to a couple of training sessions a week.

This year I am developing my business to incorporate and specialise in rehab fitness

STC: Apart from Bulldogs swimming style (Ed note: but he can move through that water... somehow!!...), what is the weirdest thing that you have ever seen at an event or during a training session?

The uncoordinated breathing swimming drill - hard to explain to novices and harder to give a plausible reason to why we might do it. People who continue to swim in the 'reserved' lane when you've started the session. They refuse to stop at the end of the lane to find out what's going on when an extra 10 people have jumped in. Although 1 lovely man said at least he would get to swim with some pretty girls which was really quite sweet. (Heard about)A woman doing a complete strip in the transition area of the 2009 womens triathlon (swim to bike). An important discussion topic in the novice course is what to wear but stripping has never seemed to come up as an option. Its also time consuming.



Coach Rob

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COACHES CORNER with Rob Suriano

STC: Recently you completed your Road Traffic Management course and completed some traffic duties for KVT (ED note: much appreciated). Do you have any ambitions to quit coaching and be paid to work / eat pies / do nothing (circle the most appropriate response) for \$569 per hour to be a council road worker at 4.30am on a Sunday. Or do you have secret desires to one day be rostered on with Warrick Capper and have secret walkie talkie conversations with him. Feel free to totally ignore this question. (ED note: c'mon, you all remember the news footage from about 10 years ago of Warrick Capper working as a lolly-pop person. And if you are asking "who the hell is Warrick Capper" you are too young to look at the next question) Both jobs wield such power but quit coaching?- no way! Actually I want to run an RTM course and be just like our zealous course instructor- his accuracy for detail and uniform precision was gob smacking and the care for his Stop/ Slow signs was awe-inspiring(They have covers). After this course you will never look a road sign in quite the same way. Gee- I hope the novices have similar feelings about our coaching.

STC: Are you disturbed about the recent number of STC pregnancies? Do you have a theory on this? Who will be next? Is someone putting something in the water?..... (Urrrggggg..... bet there will be no one the next swimming session) I suppose that's one way of securing future funds for a Stadium junior tri program but if anyone's putting anything in the water just be aware that we share the pool with the 'golden oldies' (Aquarobics) on a Wednesday night and those pregnancies would be disturbing. Well sort of glad that someone's sharing the love but maybe the thought of a secret desire with Warwick Capper might help them to contain it.

STC: Do you have any other useful remarks before I completely edit all your answers
My business is called Activana Fitness.

STC: Thank you very much for your time



Anna McFarlane

STC Media tart

Its been a tough year for our budding media tarts, just when you think Farnsey had pulled away, out comes another picture of our Ben showing off his STC gear.

It's no wonder that Ben has walked away with this years Media Tart award. Congrats Ben—and thanks for keeping the club in The West!

Labor's iron men

Joe Spagnolo

WHO says our politicians are fat and unfit? Labor deputy leader Roger Cook and the Opposition education spokesman Ben Wyatt are proof some are fighting fit.

The Labor MPs are preparing to compete in Saturday's Busselton Half-Ironman, which includes a 1.9km swim, 90.1km bike ride and a 21.1km run.

Mr Cook, 45, said he expected his younger colleague, Mr Wyatt, 37, to finish the course ahead of

him. He pointed out that Mr Wyatt had done the half-marathon last year.

"He is a young bloke. I expect him to be well ahead," Mr Cook said.

But Mr Wyatt said Mr Cook was trying to paint himself as the underdog.

"Don't listen to Roger Cook, he has been doing a lot of training," he said. "He has got the spin-machine out. Last year it took me five hours and 50 minutes (to do the event). I doubt I will go that well this year. I was in better nick last year."



ON THEIR BIKES: Ben Wyatt and Roger Cook.

Picture: THEO FAKOS

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IRONMAN NZ, by Stu Peterson

"I am building a fire, and everyday I train, I add more fuel. At just the right moment, I light the match."

How true this statement is. Six months of dedication; Busselton Jetty Swim, a near death experience; Endless hours of sweating on Welshpool Rd East; and three hour runs in the Port Hedland sun and humidity. That was my fuel I'd collected. But oh how quickly it can be stolen by a piece of off fish! And even if the fuel was there...who could light a match in pouring rain? I wanted a challenge, but seriously, this was ridiculous!

Arriving in Auckland, the romantic, relaxing final week planned in the Bay of Islands before Ironman ended in hospitalisation and a bitter realisation that the Ironman Dream was quickly becoming just that...a dream. The tests suggested it, the doctor confirmed it..."you won't be an Ironman this Saturday, sorry."

Arriving in Taupo brought a sense of realisation to the situation. The place was abuzz with excitement and nerves. Athletes from all corners of the globe had descended on the clear, fresh waters of Lake Taupo. There was no way I could sit back and watch the gun go off and not be in the water ready. But first was first, a final blood test...the result expected Friday at lunch.

With a clean blood test and a big feed, the first goal of making it to the starting line was accomplished, but not without its challenges.

The weather forecast was for rain, however no one expected what was to come. The Chef simply said "welcum ta Nu Zealund bro". After attending to my machine one final time, I escaped the rain in a referee tent to suit up for the swim, casually chatting with Marinda Carfre, World Ironman Champ, about the day that lies ahead as she too prepared for impending 3.8km swim, 180km ride and 42.2km run.

As the cannon woke the sleepy hollow, 1500 people exploded into action and the match had been lit. After surviving the washing machine that is the start of Ironman, the nerves settled and started getting the job done. The swim went to plan, get through it and move on.

The ride proved to be a real challenge; the slipper roads, the little quad cruncher to get out of town, and head wind laid the foundation of a tough day. Like every good review, hindsight's a b**ch. The first 90km was done a little too hard, and despite the legs feeling good through town, by the end of the short climb for a second time, my wretched week started to take a toll. By the 135km mark, the lack of fuel in my fire was showing. My goose was just about cooked and I was only at the half way point. The final 45km was all about conservation, well, that's how I justify the 60yo lady in the purple swim suit riding past me late in the ride.

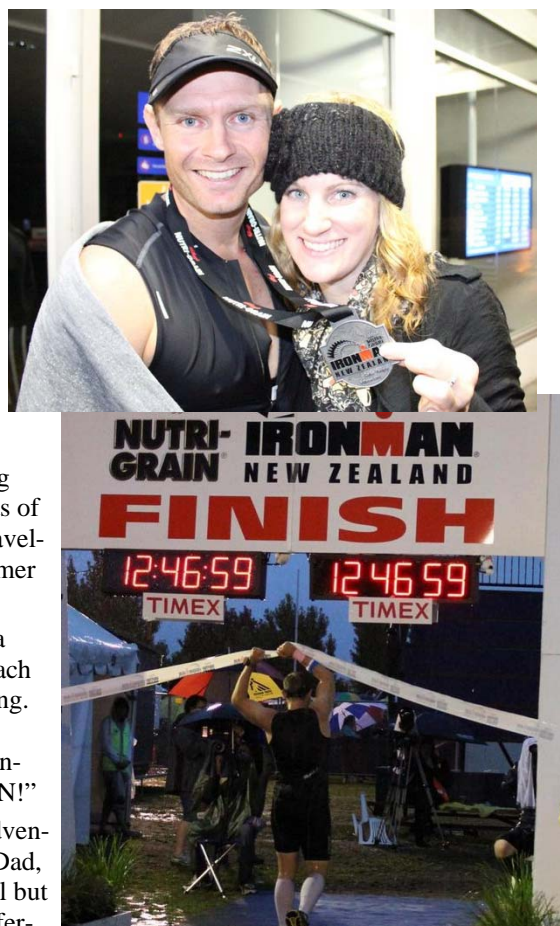
Nat greeted me coming into T2, this sparked my wanning enthusiasm for the mere marathon which was left to run. Those famous words of Mike Rielly seemed a long, long way away. As the rain continued to tumble down, my heart rate continued to rage on over 160bpm and after 13km the wall crashed down right in front of me. My sickness had stolen my fuel, the wind had blown the rest of it away, and the rain washed away the ashes.

After battling through another mental hurdle, I turned at the 21km mark to Nat's cheers. Normally equipped with the camera to capture a smile from her boy, there'd be no smiles this time. All that was left was a sad and sorry boy who'd learn the harsh lessons of Ironman the hard way by cooking the goose on the bike and paying the price!

At the 25km mark, Anthony Wilson caught me. He'd been the perfect training partner in the lead up to Taupo, always there to reign in the competitive spirits of racing. Ironman was no place for racing he'd say. And at this stage he was travelling better than I, but only just. His words of encouragement provided a glimmer of hope that the finish line was just around the corner.

The last 10km was a fight like no other, fully drained, barely moving, it was a step by step affair. The excitement finishing grew with every step, but with each step came a little more agony. Like an engine with no oil, the body was ceasing. Turning into the finishing chute was an amazing rush. Adrenaline pumping through my body, fuelling it over those final yards as Mike Rielly made the announcement every budding Ironman dreams of... "YOU ARE AN IRONMAN!"

This was an experience like no other, they say it's an individuals sport, the adventure we experienced tells a vastly different story. Without the support of my Dad, step Mum, and especially Natalie, who not only put up with 2 days in hospital but also 6 months of my relentless training, the result would have been vastly different...DNS!



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Race report: HIM from a supporters perspective, by Pete Byatt

The morning was upon us quicker than a toilet visit before a race. Months of training, litres of gels, and nights of boredom for me at home without my wife, the big day was finally here. It was cold, in fact it was flippin freezing. The crew was up, the kettle was on, and the tea bags were awaiting their morning swim.

Hi my name is Pete, and I am Martha's husband. This is my diary of a supporter.

I first started support-ism about 2 years ago at a pinky's triathlon. I have the typical supporter symptoms such as, public fancy dress, shouting out my wife's and friends names at the top of my voice in public, and waking up at insane hours of the day to pack a bike, that isn't mine into my car.

It's Saturday the 7th of May, Half Ironman day. It's 6am and Shaun Jessop and I are watching 1600 people organise their bikes, and line up for toilets like a heap of apple fans might line up for the next iPad 3.1.5.6.

Marf and Cid are sorted and ready to go, with wetsuits on, goggles and cap in hand, and on their way to the beach for the big start. The girls were a lot more composed this year, although the nerves were still there, they were in a better place. With warm ups done and good luck hugs and kisses all round, a sea of pink heads converged on the start line. The start was akin to adding pink dye to an ocean rip. A current of pink surged from the shore. Go Marfi! I shouted. 36 minutes later Marf was out of the sea, she'd had a great swim and managed to knock off 4 minutes from last year, things were looking good.

The next 3 hours were a blur of cowboy hats, Mark's hairy everything, and me shouting GO!! to everyone and anyone I knew. It was awesome!

I then decided to head out of town onto the bike leg, where there were no supporters to help cheer them on. It was a windy day, and people needed all the help they could get to battle the head wind. My apologies if I didn't cheer you on. The combination of helmet, glasses and lycramade everyone look the same as you fly past, and the only point of reference is your smile, if at all you were smiling. With Cid, Tash, Lloyd, Nadia and my champion wife Martha having gone past, it was back into town for the run leg, but not before helping out a young lady put her chain back on, picking up her gear after her front wheel and a curb had a disagreement.

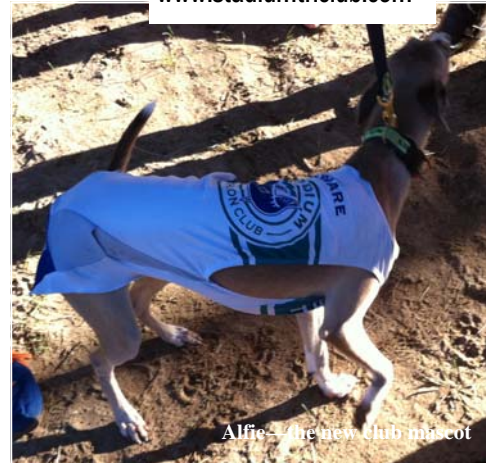
The run leg was by far the best, with the great location of the tent the supporters had a stereo view of the action. It was a back and forth game of cheering and chanting. The run leg really gives you a great perspective of what is required for a Half Ironman and how many people of different backgrounds, age, size and fitness levels get out there and give it a go. It makes you feel proud to cheer them on, but at the same time a little pathetic for not getting out there and doing it yourself. Martha headed out for her last lap and she was looking great, the same smile was still on her face right from when she exited the swim to now. Her smile reflected her mental attitude to the race, and to the spectators, if she had a sign she could carry around the course, I reckon it would have been "thankyou so much, you really do help everyone through this"

I rushed to the finish line, Shaun and I waited and listened to the commentators and watched the stream Half Ironmen finishers. One by one the stadium bunch started coming through, Cid, Nads, Annie, Anka, John and then MARF! Woohooo! I ran to the finishing area and shouted her name! MARF... YOU DID IT! YOU CHAMPION! And there it was, every supporters fix, the reason we all do it, the part that really makes our day. No it's not the smile that shows a thousand emotions, it's not the scream back of I DID IT! No, it's that sweaty, salt soaking hug. No matter how soaked you are, or the fact that those weird salt marks will soon be transferred to our clothes, it doesn't matter, it's the fact that we just want to share just a small part of your day, the joy and excitement of finishing.

This year's half ironman was a great success. We all headed back to the stadium tent and continued to cheer on the last of the competitors. Stories were told and experiences were shared, and Tash had some great Blisters to compare. Slowly one by one, people started to head back home to tend to their aching muscles and much needed hot tubs, before heading back out for the presentations.

To all the first timers; well done and congratulations. To all the returning competitors, I hope you did a PB and achieved more than what you hoped for. And to all the spectators and supporters, never underestimate what you bring to the sport, without your cheers, claps and smiles, many people may not have reached the finish line. See you all at the next race. Pete

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Alfie—the new club mascot



Joel and Marc—Chief s of the Supporters



Corin and Dave—no comment

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Singapore 70.3, by Robyn Hartley

On 20 March 2011 no less than 14 intrepid Stadium members (Scotty Neyedli we're claiming you as one of our own whether you like it or not!) stepped up to the plate to partake in a race we had taken the liberty of dubbing S(TC)ingapore 70.3. Pre race preparation varied significantly amongst the group. Some chose the more conventional, compression socks and high GI carbs approach while others decided to get in some last minute training for T3 in the days leading up to the race.

The race itself was pretty hard work. The swim was in an ocean that made the Swan River seem like Evian water. It was a two lap affair with a run along the sand in between which led to some interesting scenes when the later wave starts were released just as earlier ones were re entering the water for their second lap. Word is that Rob "Ruthless" Suriano sent some unsuspecting Singaporean triathlete to the bottom of the bay without even breaking his bilateral breathing rhythm.

After what seemed like an eternity in the water it was on to the bike for three laps of a course that was fast and flat. Those close enough to her would've heard Bec Finlayson belting out "Highway to the Danger Zone" as she hit top speed coming down the runway that formed part of the course.

Having posted some pretty decent times on the bike it was only once we exited T2 that we realised just how tough this race was going to be. The killer combination of extreme heat and humidity made 21.1kms seem like a whole lot further. Luckily the course was heavy on aid stations complete with much needed ice cold sponges. Although I'm not sure race organisers anticipated the sponges being used in the way one ingenious STC competitor did when caught short battling with some nutrition issues.

Regardless of splits, placing, PBs or otherwise there's nothing quite like the feeling of crossing the finish line after a tough day at the office and I've no doubt my fellow STCers were as happy as I was when the pain was finally over and they were handed their finisher's medal.

We'd always maintained that the race was just a pit stop on the way to the post race celebrations so after a few minor hold ups (Timmy Carpenter insisted on checking out the facilities at Changi Hospital) it was off to T3 where true champions are made. With carbo shots traded for Singapore Slings it wasn't long before the wheels fell off and we found ourselves at The Clinic night club sipping on alcoholic IV drips (see pics attached). Even more impressive were those who managed to back it up the next night with an eye opening evening in Chinatown. I'm not sure the locals were ready for the sight of Smarty in a lovely blue halter neck dress or Sleepy in a hot pink playsuit but as these photos attest they weren't given much choice in the matter....

S(TC)ingapore 70.3 was a trip to remember! Travelling to do a triathlon overseas definitely has its challenges but whether you're sipping cocktails 70 stories up looking over the lights of Singapore or dragging your overweight bike box along on its wonky wheel, when you're sharing the experiences with your Stadium buddies you're bound to be having fun.





London Marathon, by Leila Hudson

Well I can almost walk today but here is my race report!! It was a tail of two halves!!

Greetings Stadiumites (to those that remember me); last Sunday was the London Marathon - as I lined up on the start line we were informed that there were 36,000 runners this year; only 35,000 last year?! There are 3 different race starts due to the size of the event; and I was in the Green start along with the celebrities??!! As I crossed the start line within 10mins I had passed Sir Matthew Pinsent (Olympic rowing god) and I thought "crickey, you're a big unit - this is going to hurt you".

Anyway as the miles ticked away the sun came out as did the crowds. As I passed mile 12 the crowds along the route were 10 deep with people hanging off lamp posts - it was incredible. Reaching Tower Bridge the noise from supporters got to such high levels you simply could not hear yourself think - truly inspiring. Mile 15 - 20 was such a struggle; my legs and body were fine but the brain simply did not see the point in punishing myself. Everyone was complaining that it was so hot.. having trained in Perth in 2009 - it was not hot!! It was wonderful, but we're British so anything over 20 is scorching!

At mile 20 I realised I was going to get exactly that same time as last year; 3:37 so I thought "never mind, there's always next year to get a pb", but as I said those words I ran past my training friend who I had trained with all year. She was walking, in tears and completely broken. Her legs had seized up and she could hardly shuffle. So I grabbed her hand and told her we'd finish together. As I turned around she had dropped back and told me to go on. So I ran along for 30 seconds with my mind going into overdrive, how could I have leave her? So I dropped back and picked her up - I was running with her whether she liked it or not, as I had to get her across the finish line with me in a time fast enough for us both to pre qualify next year. The final 5 miles were possibly the best 5 miles of any marathon I have ever run. The crowds were screaming at us both and I was loving the fact that I was actually enjoying every minute of it.

We crossed the line with seconds to spare but we had pre - qualified for next year! My good deed done for the day under my belt; we hobbled off together and I polished off a bottle of vino that evening raring to go for 2012!

For those of you tempted I can't recommend London highly enough. If you are a bloke you have to get sub 3hr to pre qualify, as a woman you need to get sub 3:50. Otherwise you have to try and get a place thru a charity place (and raise c£2,000) as it's almost impossible to get a ballot slot. I hope that you're all well and I miss the glorious Perth sunshine !! Over & out for another year.

Paris Marathon , by Sarah Egan

It was my second Paris Marathon and I was hoping to get a PB. At registration I met a couple of really sweet local Parisian Uni students in their final year of journalism at the Sorbonne, who asked me if they could film me for an assignment, here is the result: <http://www.youtube.com/watch?v=DsU2BhLsLJQ>

This turned out to be lots of fun, it not a little embarrassing, but was a good way to spend a fun couple of hours, plus I got some great tips on where to shop, so spent the afternoon picking up some great shoes and clothes!

Race day was exciting, and with 40,000 people in the race it made for a very interesting slow shuffle trying to get across the start line. My run started off really well, I was staying with the 3.15 pacesetter and was feeling good until the 10km mark when I got caught up in the pushing and shoving around the aid station and trying to get back near to the pacesetter and took a trip which was bad as I lost two gels and a bottle of Gatorade that I needed which was a shame as they only had water and bananas on aid stations every 5km, no gels, and Gatorade only once at the 33km mark!

After this upset I decided to get away from the pacesetter and just settle into a more comfortable pace for me rather than stressing about the time, and the race became way more enjoyable after that. It was fantastic seeing the landmarks of Paris, especially the Eiffel Tower when you know you only have 10km or so to go. I would have to say that the setting of Paris is so amazing that it is a brilliant distraction to the pain, though I do remember thinking at the 40km mark that as charming as the streets look, running on cobblestones was severely overrated!

The last 2km seemed to drag, and I wondered if I would ever see the Arc de Triomphe, but finally I did and finished in 3.34. So while I was a disappointed I did not get a PB, I was only 4 mins slower than my 2008 time, so it was not a great loss and I was just glad to be finished and that it was champagne time!

I was sad not to have the excellent post race party in Gen's hotel room that I had in 2008, but it was really fun to celebrate with my new Parisian friend Angele who took me to a cool bar and restaurant in Montmartre, and it was fun practising my bad French, and for her practising her close to perfect English (she definitely got the raw end of the deal). I will catch up with her again in May when I am back in Paris and she is promising to show me so more cool local places which should be fun.

So would I do it all again? Absolutely! I think if you are after a big city marathon, then Paris is really hard to beat!



A New Horizon for Club Physio

After many years treating Stadium Tri Club members, it is now official – Christine Lowe and Greg Kerr and the team from Horizon Physiotherapy are now your club physios.

Horizon Physiotherapy and Sports Medicine is a new practice located in Wembley Downs off Weaponess road. Along with Chris and Greg, they have a great team of experienced physios that have over 70 years of combined clinical experience and excellent service.

Clinical Director Greg Kerr: “We are excited about working with STC as we believe in pushing ourselves to be the best in our field, not simply treating patients, but treating beyond better. Our goal is to improve the way you move!”

All new 2011 STC members will be entitled to a free Tri-athlete injury screening. Contact 9245 7007 to arrange a time.

Acute Medical Care

Better the devil you know!

Whether it is a small tear or a significant injury, all you want to know is how long it is before you can train or compete? Horizon has a specialist **Sports Physician**—Dr Alex Strahan on site so you can have a formal diagnosis and scans arranged easily.

Experienced, hands on physios will take time with **30minute** appointments, to treat you beyond better.



Pilates

“thinking body, dancing mind”

Rehab is often viewed as a tedious necessity. Poor compliance to rehab post injury is seen as the most common reason for re-injury and subsequently poor performance. **Horizon Pilates** have a unique assessment approach which ensures that you are always achieving your rehab goals and then progressed further in their conditioning classes. Your body may leave Horizon in a better state than before your injury!



HORIZON
PHYSIOTHERAPY
SPORTS MEDICINE

Chronic injuries and biomechanical analysis

“It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe.”

Muhammad Ali

Due to the distances covered in triathlon training, it isn't the races that lead to injury but the “pebble in the shoe” factors. Small changes in training posture, muscle control, muscle imbalance, running /swimming technique and bike set up, can lead to significant adaptations presenting as an over use injury.

Identifying and correcting these potential ‘pebbles’ before they become ‘significant’ is where a **tri-athlete screening** works effectively . Which means less time off training and better performance.

Horizon works to providing a reason for your injury and working to that rather than just treating the symptoms. Correcting biomechanical limitations in technique: through running analysis and bike fit; and following through with your coaches, means STC members are afforded the same professional treatment elite sport stars receive.

Precision Fit

Perform at your potential without injury risk.

The best bikes are hand built; a Precision Bike Fit is hand fitted, accurately taking into account your individual variations and fitting the bike to you.

Greg Kerr has been fitting bikes for many years and is passionate about this area of biomechanics. Each client is screened on their competition level and injury history. The bike is **specifically fitted** to the individual's flexibility, core stability, anatomical variations and limitations. Cleat position, cleat canting (wedging), seat position, stem height/length and seat width.

A correctly fitted bike will feel comfortable and powerful....that is guaranteed.