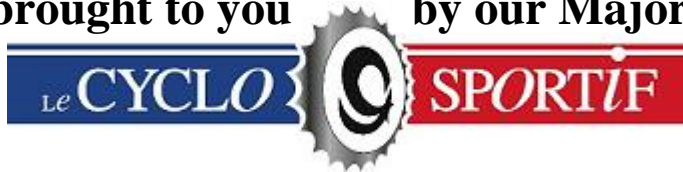


Noosa Tri Club

Inform. Inspire. Your newsletter. Your club.

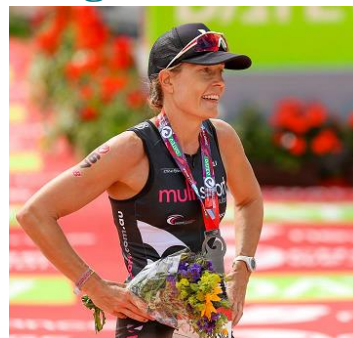
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No Challenge in Roth for Noosa Contingent!

Noosa Tri Club girls dazzle with PB's.

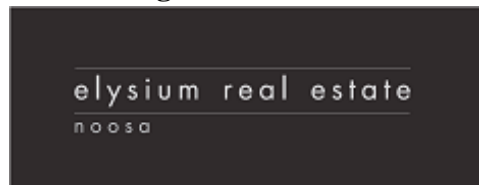
Germany played host to the fastest Ironman distance race in the world where our girls, Jess Fleming (right) and Meredith Hill (below) were part of the action. Jess finished in 9:16, claiming 7th Pro Female and Meredith crossed in 9:27 to be the first amateur over the line and 9th overall female.



Both have made comments about the uplifting atmosphere, community support and overall experience of the Challenge Roth adventure.

Part time local Jan Frodeno smashed the world best for the distance and added another big title to his achievements. For those of you wondering just how fast he went... a few strides over 7 hours and 35 minutes!

Introducing some of our **PROUD SPONSORS**. We'll be hearing from them:



1

NOOSA CLUB EVENT

70.3 training with distances of 2km / 60km / 15km
Sunday 14th August.

2

SC MARATHON

Sunshine Coast Marathon with fun run and distances from 2km to 42km
19th – 21st August.

3

SC 70.3 WORLD CHAMPS

Mooloolaba hosts the IM 70.3 World Champs
Sunday 4th September.

SUMMARY

Challenge Roth
Jess and Meredith finish with PB's

P3 Physiotherapy
Running, hip and ITB pain solutions

Footpoint Podiatry
Focus on orthotics

Infinitt
Nutrition of champions, try it now

Sharing is caring
Be brave and send us your story:
NTClubNews@gmail.com

Always check our website for more details:
www.noosatriclub.com

SPONSORS



Running, hip and ITB pain

P3 Physiotherapy reveal some secrets.

A common issue we see with Triathletes is tension in the gluteals and outer thigh region, limiting the ability to run freely. Multiple causes for this can exist including poor equipment, poor technique and musculoskeletal issues.

Recent literature has discovered that ITB and gluteal tension is often related to underactivity of the deeper hip and gluteal muscles. This underactivity can result in a compensatory over-activity of the superficial muscles, causing tension in the hip and lateral thigh.



Athletes may report pain or tension in the gluteal, lateral hip/thigh/knee, lumbar spine and or hamstrings. This can coincide with a loss of power in the legs, particularly when running off the bike.

Physiotherapy.

New exercises targeting the deep gluteal muscles restore hip stability, allowing the fast twitch muscles to produce more power. Once normal firing is re-established, tension, pain and loss of power resolves.

Test yourself by standing with your hands feeling your TFL (google it!). In relaxed standing the TFL should be off (soft). Gently brace your core and slowly raise one knee up to the front. If the TFL remains relaxed, you have isolated the deep hip muscles. If the TFL tenses up, you are likely to experience issues under repeated load over time. Keep practicing until you can keep the TFL soft.

The moral of the story: if you can balance the activation of your deep hip muscles with your superficial muscles you will have less tension in the gluteal, hip and thigh region, more power and less injuries. If you want more information, you can contact us through our website www.P3physiotherapy.com.au or find us on Facebook.



Focus on Orthotics

Have you ever noticed that your feet roll in or out, or do you suffer from knee, heel or hip pain, or have you acute or chronic foot conditions such as tendonitis, recurrent ankle sprains or stress fractures? If this sounds like you it's recommend you book in for a biomechanical gait assessment on our pressure plate treadmill to assess if you would benefit from a functional foot orthotic.

Gait assessments are a valuable method of ensuring your body is correctly aligned from your feet up. We can also assess the shoes you are wearing, giving you valuable footwear advice.

Sportspeople are often prescribed orthotics to maximise performance and address biomechanical problems. At Footpoint, we manufacture orthotics and will make you up 2 sets, one for your joggers and another set for your work shoes or sandals, whatever your preference is.

Now is the time to consider having a gait assessment, allowing time to benefit from any changes required before the Noosa Triathlon.

Fun Fact: The 52 bones in your feet make up one quarter of all bones in your body. When they are out of alignment, so is the rest of your body.

Infinit Reasons

INFINIT * * * There are many reasons to try the Infinit nutrition blend for training and racing. It is used by some of the top athletes all around the world and is a proven mix. Plus, Noosa Tri Club members receive a 10% discount - visit www.infinitnutrition.com.au and enter the code NOOTRICAMP10 at the checkout. If you want to find out more, contact Jason direct on 0429 543 134.

PROUD SPONSORS

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We'll be sharing their knowledge, insights and product range with you.

