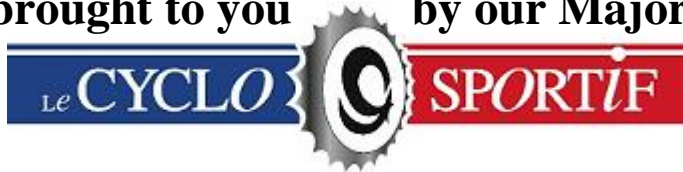


Noosa Tri Club

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World Champ Wrap, Local and International

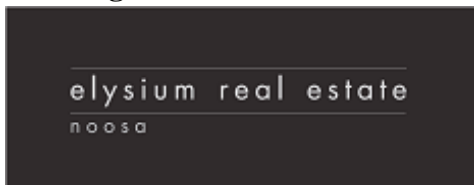
Sunshine Coast 70.3 and ITU World Triathlon Grand Final in Cozumel

There has been plenty more action, sweat, emotion and results recorded for Noosa Tri Club members over the past month. Mooloolaba hosted near perfect conditions for the IRONMAN 70.3 World Championship with many locals revelling in the race. We admire the sheer determination and commitment by all who qualified and participated, well done!

Special congratulations to the podium climbers, Hazel Edmond and Le Cyclo Sportif sponsor, Greg Ball! Another Noosa local and all-round proof of where iron will can take you is Melissa Hauschildt – the comeback from injury to a World Championship podium.



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



1

BRIBIE TRI

First race of the 4-race series starts this month, Sunday 23rd October.

2

CLUB EVENT

Noosa Tri warm up with a Multi Loop event, Sunday 23rd October.

3

NOOSA TRI

Noosa comes alive with multiple events, from Wednesday 26th to Sunday 30th October.

SUMMARY

SC 70.3 Worlds
Well done to our inspiring locals!

Mexico ITU Worlds
Penny and Barry triumph... Again

FootPoint Podiatry
Mixing up your training to minimize risk of injury

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Cozumel, Mexico ...

Penny Hearn and Barry Meek. Two regular names on the Tri scene, and more results to share with you. This time, they share results all the way from Meh-hico!

The first event in Cozumel was the Aquathlon which saw a hot and humid day, coupled with beautiful swim conditions; water a comfortable 28 degrees and crystal clear with lots of tropical fish and scuba divers below taking photos. The temperature did mean it was two hot 2.5km runs, but all in all great conditions for racing with a "cool-off" swim in between.

Penny had a great race coming in 3rd, while Barry was also happy with proceedings but lost a minute in the swim and finished 4th.

Within days, they prevailed again in tough conditions at the ITU World Triathlon Grand Final. The currents were so strong that the swim leg was reduced by 250m, to 1250m. After that, the battle continued in hot and humid conditions.

Penny finished 6th and 8th in the Sprint and Olympic distances, respectively - first Aussie home in both. Barry competed gallantly in the Olympic distance race and crossed in 10th.



Mixing it up. Good for your souls.

Mix up your running training & shoes to reduce the risk of injury. If only we could live where the hobbit lives in grassy knolls, hills, undulating surfaces and terrains, we would find our feet and leg muscles would be intrinsically stronger, making for stronger feet! Reality for life today is predominantly flat hard concrete surfaces, a perfect environment for repetitive microtrauma, resulting in screaming muscles and failing tendons and ligaments.

We can't live and run in the land of the hobbit, however with some careful forward planning we should be aware of mixing up our training surfaces, and at the same time becoming savvy about choosing the optimum pair of shoes to wear on each different training surface.

Here are some shoes for thought for your different training surfaces:

Minimalist shoes, these should be worn on expression sessions / track work / intervals; training and even sand sessions if you feel you require them, caution if using on the concrete... limit your session appropriately.

Traditional shoes (Asics Kayano, Salomon XT Wings, etc) for use in trail and road running are a very general shoe to do all, but not to excess!

Maximalist shoes (Hoka Stinsons, etc) should be worn while running high miles on concrete and undulating fire trails.

Barefoot – It's important to do this as well, whether you are walking in the grass or running some soft sand sessions, barefoot really gets the nerve endings stimulated and works different muscle groups.

Remember any changes to your training should be gradual and discussed with your coach accordingly for reassurance. Be aware of your date of birth as the further away it is usually means you will need to take more time to adjust to the new changes/training. Connecting tissue is our foundation and always needs to adjust to new changes.

Before you grab your shoes on your next run, stop and think, what surface are you going to be running on, how far will you be running and think about mixing up your runs from hard to soft and in between surfaces. Think about what shoe is best for the session you are about to do and know that variety changes motor patterns which shares the love of muscle activity and in turn reduces the likelihood of overuse injuries.

Until the end of October come in for **15% OFF** any purchase of Hoka or Salomon shoes. Must present proof of Noosa Tri Club membership, offer valid for 1 pair at 15% off per person.

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

