

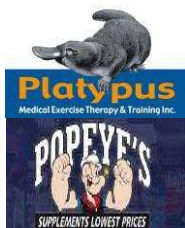
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Turn round

LETTER FROM THE EDITOR

First of all, the question we've been asked more than once; Issue 12.5? What gives? We never really considered ourselves triskaidekaphobic, if anything, the evidence goes to the contrary. We were once randomly allotted dossard #13 for a ten (mile time-trial) and proceeded to knock out a PB, so no great fears here. Yet as time goes on we've found ourselves not having issue 13, experiment 13, lab-book 13. No I can't explain it either. However goal-oriented and rational as we may consider ourselves to be as endurance athletes, a large number of us hold irrational little superstitions. Sure you call it a harmless little race-day ritual but if you told anyone else we'd all look slightly askance (whilst performing our own little start-line dance or whatever). Just think how it makes you feel if you don't do it?

Last week saw two TA contributors attend scientific conferences in their fields. One half of the TA heard a talk on "*Abnormal Repetitive Behavior (ARB)*" in animals which is characterized as a monotonous, repetitive, functionless, unvarying behaviour. ARB are often seen in response to an unstimulating or boring environment. One speaker went as far as to say of animals running on a wheel that such behaviour was "*a maladaptive strategy during feed restriction*". All of which sounds like a reasonable description of endurance multisport! Elsewhere, the other half learned at the World Congress on Pain that catastrophizing is a dormant risk factor that is activated by the presence of pain. This means that when pain is present, those who are catastrophizers will be less able to inhibit the pain by their coping mechanisms. The good news is that for most people, this behaviour characteristic is situational, which validates with a scientific explanation why under certain circumstances a mild and benign injury becomes a major drama! You know; that stubbed toe the day before Penticton suddenly becoming plantar fasciitis and leaving you wondering about the possibility of amputation.

In this issue we have race previews for the last triathlons of the season; the Shubie KOS (this Sunday) and the re-branded and under new management Shubie Doobie Triathlon the week after that. DILB RD and local hard-man Mark Campbell has stepped into the breach to take over the Shubie reins and is doing so for a good cause. More information on p2.

Mark has managed this in the face of just finishing his 17th Ironman at IMC. We have a short report from him on p4. on how his race, and those of others, went. There are also race-stats from all the Nova Scotians who took part, as well as some athletes with close ties to us.

On the back page Marie-Claude gives us some dieting advice from the New England Journal of Medicine. We know that nowadays you often can't move for dieting advice but we'll say this; this particular diet was peer reviewed before publication in one of the worlds most pretigious medical journals.

I won't be seeing you in Shubie, but I'll be there in Riverport in October for the season-ending apple crumble, I mean Duathlon.

A

Editor: The TurnAround





SHUBIE DOOBY

**Where: Shubie Park,
Dartmouth**
**When: Sunday Sept 14th
Olympic, Sprint**

The 1st Shubie Doobie Triathlon is the next, and last, triathlon in the TNS 2008 season, and possibly the last chance you'll get to wear your wetsuit all year. There's been a September triathlon in Shubie Park for at least ten years, probably longer, and it's always been a popular event, never attracting fewer than eighty in recent years. The last couple of editions have seen two-hundred odd take to the lake, making it one of the largest events in Nova Scotia if not the Maritimes.

Shubie is under new management this year, hence the name, with local hard man Mark "The Mule" Campbell (past TNS president, past provincial champion and "fresh" from his 17th Ironman) taking over the reins to RD his second event this year. The proceeds from the event will go to the [Tony Griffin Foundation](#) and the Cycle For Life cancer fund-raising ride, which we understand Mark is intimately involved in.

Race kit pick-up will be at the Fairbanks Centre on Locks Road in Dartmouth on Saturday Sept 13th from 4 - 6pm and you will also be able to register in person then too if you haven't been to Atlantic Chip. Race morning kit pick up and chip pick-up will be next to transition area at the campground.

The swim takes place in Lake Charles with all competitors using the same 750m loop. It's done once by the Sprints and a short beach run separates the two loops required for the Olympics. Once the swim is completed there's a 300 m run to transition, most of it uphill. It's not as long or steep as Corner Brook, but it is stony, you may wish to leave sneakers or flip-flops on the beach.

Transition is in the unpaved car-park opposite the Shubie Park campground. It can get crowded; please rack with consideration. This may not be the event to lay everything out, including *two* pairs of running shoes (we saw that once). Compared to some events (Port Hood for example) there's a reasonably lengthy run to the mount line where the unpaved car-park meets Jaybee Drive. Mount here.

You can get your feet in your shoes as you freewheel down the hill but make sure you're all clipped in and strapped up at the bottom as you have a slight climb to the junction with Waverly Road. Take a left turn here and head out as before. At the intersection with the highway overpass you'll turn right as you did for Investors Group, head over the overpass and turn right onto Montaque Mines Road. After a nice little downhill it's all up, up, up to a left-hander onto Lake Loon Road, where the IG turn used to be. No stopping this time as you'll go straight though. There's some respite from the climbing as you'll get some free speed from here to the turn, but then you do a 180 and come back the way you came.

Now you have to convert all that kinetic energy back into potential energy and it's gonna hurt. After riding this course last weekend the TA was ready to call it almost as tough as old Guysborough or Port Hood after we did the Sprint's one loop; never mind the Olympic's two. Much of the bike course has been freshly paved over the last few years, including the climb up to the LLR turn, which we understand Mark just got done especially for this event; stand up and take a bow Councillor Andrew Younger (District 6: East Dartmouth and the Lakes). So it's nice and smooth with virtually no pot-holes or trenches, apart from a couple of exposed man-hole covers outside Mark house (again). Whatever Cllr. Younger's crew hadn't got done by our recce last weekend has been marked up in preparation for paving. Hopefully this means TD Linda McCLeod (fresh from the '*advanced whistle blowing*' course, so don't say we didn't warn you!) won't have to spend 90 minutes on Sunday morning spray-painting the pavement!



Mr. T say "*Pity the fool who has to do that loop twice*"

After racking in T2 head out on the run. The run course changes from year to year and this year is on the crusher-dust Lake Charles Trail; a favourite of ours. It's smooth but there are washed out bits so you might want bring your trail shoes anyway. In '05 Mark Campbell chased Tyrone Clark down on the run, solely aided by Tyrone's fluorescent green jersey which was highly visible through the trees; if you're anticipating a close race with a nemesis you may want to consider camouflage!

Whatever the outcome, we reckon a hard-man out of the Mark Campbell mould is going to take this one, just on the basis of those relentless power-climbs in the middle of the course, but we're frequently wrong so don't blame us if a whippet-thin climber takes it instead. We can't really discuss the field so we'll put some names out there and try and stoke the pot. Chris MacKenzie, B'town long-course winner and record holder, usually makes the trip up to Shubie, often racing four or five times in as many weeks, so look out for him Matthias probably has some unfinished business with Chris after Yarmouth; will the grudge match continue here? All the IMC guys will be rested; perhaps Jason Murphy can try for that elusive win? The bike course could suit a wiry guy like G'wood RD Denis Choquette, but how does that trick Orbea climb we wonder? Then of course there the seasons other winners, guys like Antar Fuentes-Ortega and Chris Algar, guys who make the TA thank the stars we're not racing this year. On the ladies side, Suzanne Ferrier has been stepping up the racing volume recently, but new Provincial champ

Heather Doucette has had a great set of results this season; perhaps she will come out and complete the set? We can never discount Rhonda Cook coming up with the strong Yarmouth contingent. Brigitte L'Heureux has had a great season, progressing nicely from our duathlon queen to an all-round multisport queen, taking her first Olympic in Guysborough two weeks ago. Of course, this doesn't take into account our own flying Junior Elite Emily Wood for the Sprint; untouchable in the first part of the season, she could be looking for a final race before school kicks in too hard.

CAVEAT: this article is not intended to replace the race briefing. All athletes are encouraged to attend the race briefing to get up-to-date information on the course, as well as any changes, the rules that are in effect and any "ground rules" specific for the event.



SHUBIE KOS

A week before Shubie Doobie, Shubie Park also hosts the Shubie KOS event. This is the last KOS triathlon this year, and coming only three days into the new school year it's unlikely to interfere too much with homework. Unlike previous years, this event is on Sunday (Sept 7). The event is organised by our very own EverReady bunny, Sarah Wood, who is taking on her second event of the year, not to mention that slight matter of keeping the good ship TNS afloat.

The swim is in Lake Charles, the same beach the adults will use a week later, and we think they'll be using the big adult buoys as well. It's parallel to the shore and they can always stand on the bottom, in fact last year the TA's eldest practically walked the swim. TZ is right there on the beach. The bike is out and back on the Lake Charles trail. Sarah says "no road bikes" and after much agonising this year our definition of "not a road bike" is going to be straight bars and wide tyres. After tackling the bike the run is through the woods going towards the baseball diamond. All courses are prorated to age. For those who don't want to ride, there's a swim-run splash-and-dash, which sounds right up the TA's street. All KOS events finish with medals and there are usually cup-cakes. Frankly, we wish more adult races would finish with cup-cakes too.

Registration is at Atlantic Chip, but in keeping with the KOS ethos the event itself is not timed; they're all winners in our book. T-shirts are for the first 75 only. So go get your kids out for one last bash; who knows, maybe all that summer-camp swim-bike-run form will come in handy?





CAMPBELL RAMBLES: IMC 2008

Hey Dudes, killing time on overnight stopover and thought I'd fire up an update from Ironland.

My event was highlighted by a bunch of flats and I was reduced to walking down the road with my bike just before Yellow Lake with no sign of tech support. I essentially had 4 flats and had used all my tubes, CO2 and even the two patches I had. Another racer finally took pity on me after I walked for a while and got going again with 40mins wasted.. Not too motivated to suffer on the run but got my 17th finish in the bag. I got out of T1 ahead of Murph but then had to catch him back on the Cawston Loop, as my 1st flat was 30k in or so. I had loaned my tire lever to another unfortunate guy with a flat so when I felt my rim again I didn't have one. Luckily I was only 1.5 minutes ahead of Murph and he loaned me his and I sent him on his way. Only problem was I had multiple holes and even with multiple patches I still had no usable tubes and all my CO2 was gone. Good to see Murph have a solid day though especially given the small amount of training he was able to get in. His better half Michelle loved it and Murph is signed up again.

Lorna (McNeil) had a rough patch. She and Ron (Allen) got together and finished together. Nice guy and Cops4Cancer member Darrell Longley had a solid day (10:12) with transplant to BC Dan Smith (ex Cyclesmith wrench) having a great rookie outing and taking the Hawaii spot (10:04). Sylvie Cloutier and Terri Boss had solid races and Penny Hart, another Halifax cop with the

Cops For Cancer group, also had a great rookie finish (12:03). John Sandford took 30mins off his last swimmer out time from 2 yrs ago and finished his 9th ironman I think. Dave (Young) with Cops4Cancer had a great day too for his 3rd. Kevin Piggott had back spasms and was unable to start, but because it was after he had the Ironman A.R.T. treatment* they offered him an entry transfer. Stephen Abbott seemed to have a good day for him finishing just ahead of me. Solid result for Steve Saunders after his spiral fracture 1.5yrs ago. Kyle Macglauglin also had a great rookie result. (Kyle and Carrie moved to Calgary 4 yrs ago.) Allie Corse-Scott did well for her 3rd finish too.

Sheila Gillis was smokin and took her Kona slot (10:21). John Gillis said he couldn't push the ride but made it the finish fine (12:10). Dan Bodden (3rd male at B'town half) had a good result and Eric Power from Cape Breton just missed the sub 10 clocking (10:01!).

Weather was kind except we had a headwind to start ride which is reverse of normal. Huge headwind to start run but it subsided so we didn't get the bonus of being blown back, but light rain made overheating a non issue.

Amy and Judy Allen volunteered at the finish for shirts hats and medals and ended up being troopers and doing it in the drizzle for 7hrs. Madonna Buder (17:02 finish in the W75 category) was amazing. Still coherent but running bent over to the finish. Not a sole left the area 'til she came through to ridiculous cheering.



Garrett and Jim Scott came out to hang out and John Sandford and Darrell Longley headed off to start the west coast trail Wednesday morning as a cool down. See you all at Shubie.

Gudhealth to all

MC



IMC 2008 RESULTS*

TOTAL TIME			SWIM TIME	BIKE TIME	RUN TIME
11:45:14	STEPHEN	ABBOTT	1:22:31	6:04:40	4:09:50
15:06:05	DAVID	ALCOCK	1:16:32	7:08:09	6:21:53
14:27:36	RON	ALLEN	1:25:59	6:47:22	5:58:55
11:15:16	DAN	BODDEN	1:14:02	5:40:18	4:12:37
12:02:34	TERRI	BOSS	1:16:38	6:12:43	4:23:25
11:46:28	MARK	CAMPBELL	1:03:20	6:01:24	4:35:24
11:47:52	SYLVIE	CLOUTIER	1:13:15	6:27:52	3:57:24
13:35:20	ALLIE	CORSE-SCOTT	1:07:45	6:46:05	5:33:50
12:10:08	JOHN	GILLIS	1:15:38	6:19:21	4:22:15
10:21:18	SHEILA	GILLIS	1:09:27	5:31:58	3:34:26 
12:03:48	PENNY	HART	1:15:12	6:23:53	4:13:09
12:58:48	MARK	LEVER	1:24:00	6:28:46	4:56:21
10:12:12	DARRELL	LONGLEY	1:09:31	5:32:01	3:25:23
12:14:36	TIM	MACNEIL	1:08:51	5:53:22	5:00:38
14:27:36	LORNA	MCNEIL	1:36:16	6:55:44	5:43:18
11:04:14	JASON	MURPHY	1:01:38	5:37:34	4:14:00
15:59:17	ANDY	OSBURN	1:21:29	7:50:57	6:23:48
10:01:03	ERIC	POWER	1:09:13	5:19:13	3:25:16
15:04:34	JOHN	SANDFORD	1:52:00	7:14:09	5:35:28
12:59:18	STEPHEN	SAUNDERS	1:32:21	6:29:55	4:45:10
10:04:16	DAN	SMITH	1:08:09	5:00:57	3:49:56 
11:06:27	DAVE	YOUNG	1:21:47	5:42:10	3:54:46

*Results from www.ironman.ca

3.8 km/2.4 mile swim

180 km/112 mile bike

42.2km/26.2 mile run

 Hawaii qualifier

I'M HUNGRY...

...but I want to lose weight..

What is the latest evidence in diet?

Shai *et al.* 2008. Weight Loss with a Low Carbohydrate, Mediterranean or Low-Fat Diet. 2008. *New England Journal of Medicine* **359**: 229-241.

Carbs. Food for athletes. Big Pasta dinner. Yummy! The night before a race, or even before a long training run or ride, food with high carbohydrates content is usually present on the dinner table of any triathlete-to-be. And that is probably a good thing. But for more sedentary people, or for an athlete forced to take a break because of an injury, pregnancy or a new job, it may not be the case.

A recent paper in the prestigious NEJM examined that question. The research team followed 332 moderately obese subjects (86% male, mean age 52, mean BMI 31, mean waist circumference 106 cm and 16% smoker) for up to 2 years. Three diets were offered:

- 1) low-fat, restricted-calorie;
- 2) Mediterranean, restricted-calorie
- 3) low-carbohydrate, non-restricted-calorie.

They had very good compliance, with 85% of the cohort being compliant at 2 years.



Their results showed that the group who lost the most weight was the low-carbohydrates group, with 5.5 kg after 2 years on this diet. This group was also the one with the highest relative reduction in the ratio of total cholesterol to high-density lipoprotein cholesterol. The Mediterranean-diet group consumed the largest amounts of dietary fiber and had the highest ratio of monounsaturated to saturated fat (Better than the low-fat group!). Women, although in minority in this trial, tend to do better on the Mediterranean diet (NDLR: I'm happy about this finding, being an olive oil and red wine lover!).

What does that mean? That eating a little more proteins and (good!) fat may not be

that dramatic. I have seen many of us, myself included, cutting drastically into fat intake in the past few years, hoping to avoid blocking our arteries (and in my case, that I will still fit into my wetsuit when spring comes). The main point in this study is that fat may not be that bad, but we have to be careful



about which kind of fat we eat. Choosing vegetarian source of fat and protein, and avoiding trans fat stays true. Welcome guacamole and baked corn chips! Add some red wine and dark chocolate for the antioxidant, and *Bon Appétit!*

MCG



Coming Events

- **September 14th: Shubie Doody Tri.** The New Shubie; same great taste as old Shubie with 110% of the lactate. Seriously though; under new management and run as a fund-raiser for cancer charities.
- **October 19th. Riverport Duathlon.** Last chance to break out the tri-bars for the year.

More details at our website or at Atlantic Chip. See course previews and reports in back-copies of the TurnAround.

You can pay your 2008 membership at Atlantic Chip too.



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